

# Shinagawa

# Disaster Prevention

# Handbook



Let's get prepared  
for a disaster.



# What if an earthquake occurs in Shinagawa City?



## Estimation of damage in Shinagawa City

### Casualties

- **People killed: 779**

[Causes]

Fire (520), damage to buildings caused by shaking (252), collapse of steep slope (5), brick walls, etc. (1)

- **People injured: 8,016**

**\*Seriously injured among them: 1,376**

[Causes]

Damage to buildings caused by shaking (5,642), fire (2,337), brick walls (28), collapse of steep slope (6), outdoor falling objects (3)

### Physical damage

- **Physical damage: 25,376**

[Causes]

Fire: 20,095  
Shaking: 5,281

Based on "Estimated damage caused by an earthquake that directly hits the Tokyo area (published by Tokyo Metropolis in April 2012)"  
(Assumed conditions: magnitude 7.3, epicenter: the north of Tokyo Bay, at 18:00 in winter, wind speed 8 m/sec.)

\* The estimates based on the assumptions were calculated to be as follows: Casualties: the population at night – 365,302, during the day – 505,034; damaged buildings: number of buildings (made of wood) – 51,286, number of buildings (not made of wood) – 25,015

To prepare for a disaster, it is important to specifically imagine the possible damage.  
 If an earthquake that directly hits the Tokyo area occurs, how much damage can it cause in the city?



## Damage to utilities

- Water supply (water outage): **46.2%**
- Sewerage service (damage to pipes): **28.7%**
- Gas (outage): **16.1-100%**
- Electricity (blackout): **47.4%**
- Communication (disconnected): **35%**

## Other damage

- People stranded with no way home: **179,084** <sup>\*1</sup>
- Evacuees: **184,510**
- People living in refuge: **119,932** <sup>\*2</sup>
- Elevators with people trapped inside: **370**

\* The figures were rounded off to the closest whole number, so the figures do not add up.

\*1 Those stranded with no way home do not include the people living outside the Tokyo metropolitan area.

\*2 Those living in refuge are 65% of the evacuees.

# What is important is to protect your life and to help each other.

Self-help, cooperation, and public assistance are important for the disaster measures.

To be always prepared for a disaster, you should be aware of “self-help” (protecting own life) and build a system of “cooperation” (neighbors help each other) based on “public assistance” of the administrative institutions.

## Efforts and duties in Shinagawa city, disaster measures and basic regulations



### Efforts of residents

- \* Be always prepared for a disaster voluntarily.
- \* Secure your and your family's safety at the time of disaster.
- \* You, neighbors, and the people in the community help one another to secure everyone's safety.

### Efforts of residents' disaster prevention organizations

- \* Conduct disaster prevention drills regularly to maintain and improve the organization.
- \* At the time of disaster, cooperate with business entities and carry out first-aid activities in the community.



## Self-help

Each of you protects your own  
and your family's lives.



## Cooperation

You, neighbors and the people  
in the community help  
one another.



## Public assistance

The administrative institutions  
carry out rescue and support  
activities.



### Efforts of business entities

- \* Secure the safety of managed facilities and equipment.
- \* Secure the safety of employees and visitors.
- \* Try to cooperate with the residents' disaster prevention organizations and carry out first-aid activities in the community.

### Responsibilities of Shinagawa city

- \* Implement disaster measures precisely and smoothly and improve the prevention system.
- \* Always cooperate with the disaster prevention -related institutions and other local public bodies.
- \* Try to establish a cooperative system with the residents, residents' disaster prevention organizations, business entities, volunteers, etc.

**What if an earthquake occurs in Shinagawa city?**

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Jijo-kun, a mascot character of the Disaster Prevention Section of Shinagawa City

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**There's an earthquake!  
What should you do?**



Severe tremor

**Page 8**



Fire

**Page 18**



Tsunami

**Page 20**



# 1 Severe tremor



## Occurrence of earthquake



When it is shaking

### 1 Protect yourself

To page 10

If you feel severe shaking or Earthquake Early Warning (EEW) is issued, you need to protect yourself first. When the shaking has subsided, calmly check on the status of your family members and neighborhood and evacuate if necessary.



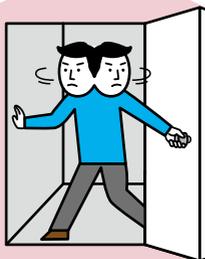
### 6 Reconstruct your life

To page 16



### 5 Evacuation

To page 15



When the shaking has subsided

## 2 Secure your safety

To page 12 



If there may be  
tsunami or a fire...

## Evacuate right away

To page 18/20 



## 4 You and your neighbors help one another

To page 14 



## 3 Check the surrounding conditions

To page 13 

# 1 Severe tremor

When it is shaking

1 Protect yourself

2 Secure your safety

3 Check the surrounding conditions

4 You and neighbors help one another

5 Evacuation

6 Reconstruct your life

## 1 Protect yourself

While it is shaking, protect yourself first. If you are not safe, you cannot save your family members.

### Basic



- Wherever you are, the most important thing is to protect yourself.
- Wait in a safe place until the shaking subsides.
- Act calmly without panic.

### When you are in your house (indoors)

- Move to a place such as under a desk where nothing could fall off or down, or move to.
- Cover your head with a nearby item such as a cushion.



### When you are sleeping

- Cover your head with a pillow or comforter.
- When the shaking subsides, put on slippers to prevent your feet from getting hurt.

## When you are outdoors

- Check over your head and protect your head with your bag from falling billboards or glass.
- Move away from any building, standing billboards, vending machines, or brick walls.



## When you are in a store or building

- Get near a large pillar or wall and protect your head with your bag.
- Check for safety and stay where you are.
- Follow the instructions of the staff.

## When you are in an elevator

- Press all the buttons and exit at the floor where the elevator stops.
- If you are trapped, press the emergency button.

## When you are in a train or subway

- Firmly hold onto a hanging strap or hand grip and prepare for an emergency brake.
- Listen to the announcement and follow the instructions of the crew.
- Don't panic during evacuation, which may cause a stampede.

### POINT

You may be afraid, but underground areas are said to be safer than the ground. Act calmly.

## When you are driving a car

- Avoid the intersection and stop your car at the left side of the road. Collect information from the radio.
- Don't keep driving because your car may interfere with emergency vehicles.
- If you evacuate, leave your car unlocked with the key in it so that the police can move your car. Leave contact information in the car, take valuables and car registration, and leave the car.

# 1 Severe tremor

When it is shaking    When the shaking has subsided

1 Protect yourself

2 Secure your safety

3 Check the surrounding conditions

4 You and neighbors help one another

5 Evacuation

6 Reconstruct your life

## 2 Secure your safety

Even if the shaking has subsided, another severe tremor may occur. Secure your safety while being wary of fires or being trapped.



**Basic**

- Don't move blindly.
- When moving, safety should be the first priority.

### Check the fire source/First-aid fire fighting

To prevent a fire, check any fire source and turn off the main gas valve. If a fire occurs, extinguish it while it is still small. If you feel danger, evacuate immediately.

- Yell out “Fire!” to alarm the surrounding people.
- Dial 119 and report the place and condition of the fire and your name.
- Extinguish the fire while it is still small with a fire extinguisher.
- If the flames reach the ceiling or you feel danger, evacuate without hesitation.

To page 18 in the case of fire

### Secure the exit

If the shaking of an earthquake deforms a building, you may not be able to open windows or doors. Secure an escape route just in case of emergency right after the earthquake.

### Check the surrounding conditions

Check the surroundings and see if you need evacuation or rescue.

- Check whether your family members or people in the surroundings are hurt.
- Check whether the building or place where you are is safe and whether there is anything dangerous such as things that may fall down.

### 3 Check the surrounding conditions

When the shaking has subsided and you have secured your safety, check on your family members. Also, check the information on the disaster and be prepared for the next action while understanding the right status.



#### Basic

- Check on your family members.
- Check whether the information is correct.

### Confirmation of your family's safety

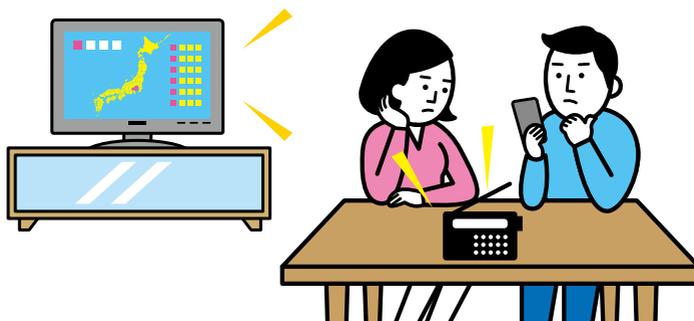
Confirm the safety of your family members through the previously decided contact method. Register your safety using the disaster message board to let family members know that you are safe.

See page 34 for safety confirmation methods. 

### Collection and understanding of information

Get information on the disaster such as the earthquake's epicenter and seismic intensity. Don't be confused by false information. Get the latest correct information through TV or radio.

See page 32 for information sources. 



When it is shaking    When the shaking has subsided

1 Protect yourself

2 Secure your safety

3 Check the surrounding conditions

4 You and neighbors help one another

5 Evacuation

6 Reconstruct your life

## 4 You and neighbors help one another

If you have secured your safety and confirmed the safety of your family, check the condition of the neighborhood and start providing necessary support. Cooperate with your neighbors.



### Basic

- Check on your neighbors.
- Check with other people instead of acting by yourself.

### Visit neighbors

Ask neighbors, “Are you all right?” and check whether they need help.



### Help one another

Immediately after the occurrence of a disaster, “public assistance” from the city office, fire department, police, or self-defense force may not be expected. Cooperate with your neighbors and provide support to anybody who needs special consideration or help.

#### POINT

In the Great Hanshin-Awaji Earthquake, about 80% of people were saved from the collapsed houses by their families and neighbors.

### If you need first aid or rescue

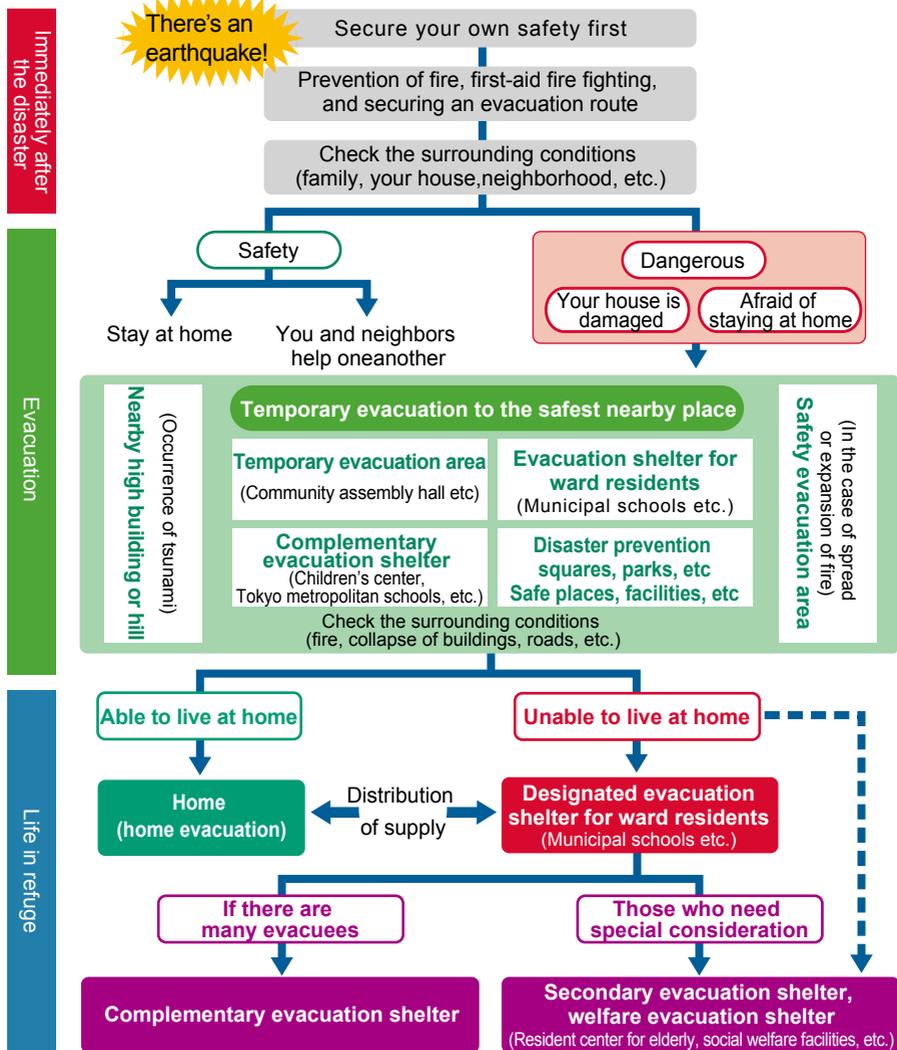
- Provide first aid for bleeding, broken bones, or burns.
- Check for breathing and perform chest compressions if necessary.
- If an ambulance does not arrive, take the person to an emergency medical aid station.

See page 60 for the first-aid methods

See page 65 for the medical aid systems

## 5 Evacuation

Decide whether you should evacuate and where you should evacuate to according to the situation. If you think your house or the place where you are is safe, stay there.



### POINT

When you evacuate, turn off the breaker and the gas main valve.

When it is shaking | When the shaking has subsided

1 Protect yourself

2 Secure your safety

3 Check the surrounding conditions

4 You and neighbors help one another

5 Evacuation

6 Reconstruct your life

## Recommendation of home refuge

If your house is safe and you can live in the house, “home refuge” is recommended. At evacuation shelter, you have to live with many people. It will be difficult to protect your privacy, or some people may get sick due to the change in their living environment. You should be prepared for home refuge so that you can keep living in your own familiar place.

See page 44 for items for home refuge 



## 6 Reconstruct your life

When you get used to your life at evacuation shelter, it is time to reconstruct your life.

### Apply for a disaster victim certificate.

A disaster victim certificate proves the damage of your house (total collapse, partial collapse) after the survey by the city office. It is required for using various support systems such as receiving benefit money or reduction of or exemption from paying taxes. If your house is damaged, apply for the certificate at the Shinagawa ward office.

## If you are stranded with no way home

If a disaster occurs, the operation of trains or buses is supposed to stop and you may not be able to go home immediately. Many people try to go home at the same time and major traffic congestion will occur, which blocks emergency vehicles such as ambulance or fire engines. Also, aftershocks may cause falling glass or billboards, so it will be very dangerous.

### When you are at the office or school at the time of a disaster

If the safety of the building is confirmed, stay inside the building. Follow the instructions of the company or school about going home.

### When you visit somewhere at the time of a disaster

Don't move blindly. Follow the instructions of the local government or manager of the facility. If a major earthquake occurs, you can evacuate to a "temporary staying facility" for people stranded with no way home. At the temporary staying facility, you should support the operation of the facility and help one another.



## Preparation for being stranded with no way home

For any disaster you may come across while you are out, bring something to eat such as chocolate or caramel, water, and a map with you on a daily basis. Also, you should keep essential items such as sneakers, a jacket for cold weather, medicine, and glasses at the office or school. (You are supposed to stay at a temporary staying facility such as an office or school for 3 days at the maximum.)

#### POINT

If you find it difficult to go home, don't try to go home by force. Make sure to inform your family or your workplace of your safety.

See page 34 for safety confirmation methods 

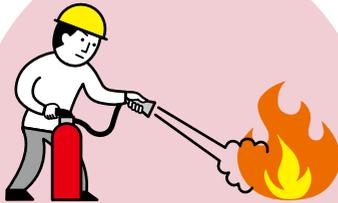
## 2 Fire



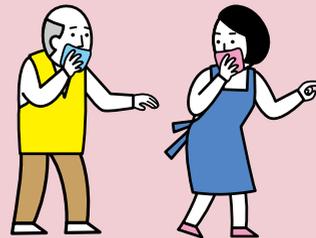
Occurrence  
of a fire

From a small flame to spreading fire.  
Act appropriately to minimize the damage.

**1** Report immediately.



**2** Perform first-aid  
fire fighting.



If it is difficult to extinguish a fire

**3** Evacuate

**Basic**

- Alarm the people in the surroundings and dial 119.
- Don't try to extinguish the fire all by yourself. Ask for help from the people in the surroundings.
- If you feel danger, evacuate immediately.

## ① Alarm the others immediately

It is important to alarm the people in the surroundings of the occurrence of a fire.

- \*Yell out, "Fire!" and alarm the surrounding people.
- \*Dial 119 and report the place and condition of the fire and your name.



## ② First-aid fire fighting

Extinguish a fire as soon as possible with a nearby fire extinguisher. If it is difficult to extinguish the fire in your house, ask for help from the neighbors and the region to extinguish the fire.

See page 66 for the methods of first-response fire extinguishing. 



**If it is hard to extinguish a fire**

## ③ Evacuate

If you cannot extinguish the fire even with the help of people around you, evacuate immediately. Even with a small fire, if you feel danger, evacuate immediately.

- \*Don't be concerned about your clothes or belongings. Evacuate quickly.
- \*Once you evacuate from the house, don't return.

See page 26 for evacuation area. 

# 3 Tsunami



Occurrence  
of  
an earthquake



Occurrence  
of tsunami

Tsunami is caused by an earthquake.  
Protect yourself through appropriate  
evacuation.



When it is shaking

**1** Protect  
yourself



\*Check the height above sea  
level on a signboard and  
prepare for tsunami

**2** Check the information



**3** Evacuate

**Basic**

- Check the area with the risk of tsunami in advance.
- Evacuate to a safe place such as a hill as soon as possible.
- Tsunami comes several times. Beware of the second tsunami and others after it.

## ① Protect yourself

First, protect yourself from the shaking.

See page 10  
for the methods of protecting yourself.

### If you are by the sea or the river

Evacuate to higher ground as soon as possible, away from the sea and rivers.

## ② Check the information on the tsunami

Check the information on the tsunami.

- Check whether a tsunami advisory, tsunami warning, or great tsunami warning has been issued, and get the information on the time of arrival and expected height of the tsunami.
- Check whether the place where you are now is high enough by checking the height above sea level on a signboard.
- Check whether the place where you are now is safe or not. (building, floor)

**POINT**

Tsunami may reach earlier than the tsunami warning.

See page 28  
for the information on tsunami.

See page 32  
for how to get the information on the tsunami.

## ③ Evacuate

When the shaking subsides to a certain extent, those who live in the area with tsunami risk need to evacuate to the nearby safe hill immediately.

If you do not have enough time to evacuate or a hill is too far to evacuate to, “evacuate vertically” such as by going upstairs (higher than the first floor) in durable building or a tsunami evacuation facility. Evacuate to a safe place on foot, in principle.

Tsunami comes a few times. After you evacuate to a hill, remain cautious and stay at the safe place until the tsunami warning is lifted.

See page 29  
for tsunami evacuation facilities.



**Learn and decide**



Learn the dangers  
in the community  
**Page 24**



Let's decide  
with your family  
**Page 34**



# 1 Learn the dangers in the community



Preparation for a disaster starts from learning the dangers in the surroundings. Dangerous places are different depending on the disaster. Let's check places to evacuate to according to each situation.

## 1 Danger during shaking and place to evacuate to

Take measures after understanding the dangers caused by an earthquake.

### Danger during shaking

If an earthquake directly hits the Tokyo area, it is assumed that shaking of seismic intensity upper 6 will occur in most areas of Shinagawa city.

You will hardly be able to stand and have to move by crawling.



Most brick walls without reinforcement will collapse.



A lot of tiles on the walls or window glass will be damaged and fall off.



There may be huge cracks on the walls of wooden houses. Many houses will tilt or collapse.



## Places to evacuate to

Check where to evacuate to immediately after an earthquake. If your house collapses, you are supposed to live at evacuation shelter for ward residents.

### Temporary evacuation area

The places where residents in each residents' disaster prevention organization (neighborhood association, neighborhood community association) temporarily gather and assess the situation. Or a nearby meeting point for group evacuation. The places are decided for each residents' disaster prevention organization such as school yards, shrines, temples, parks, greenery areas, and squares in housing complex.

### Evacuation shelter for ward residents

The places where residents temporarily live if their houses collapse or living in their own places is difficult due to a fire. The facilities such as municipal schools are designated for each community.

They are bases for disaster prevention in the community. So, the people in home refuges need to report the place of evacuation and the necessary support to the evacuation shelter for ward residents.



See page 50 for living at evacuation shelter. ➡

### NOTE!



### Where to evacuate to at the time of earthquake?

Check and write the place to evacuate to and the designated refuge at the time of earthquake.



See the disaster prevention map

**Temporary  
evacuation area**

**Evacuation  
shelter for ward residents**

## 2 Fire hazard and place to evacuate

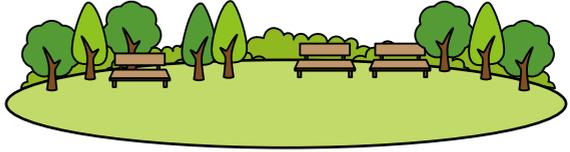
Shinagawa city is an area with a particularly great danger of fire spread. According to the damage estimated by the Tokyo Metropolitan Government, 80% of the damage and 70% of the dead would be caused by fire. Check the place to evacuate to in advance to protect yourself from a fire.

### Place to evacuate to

If it is dangerous due to a fire, evacuate to a nearby large park. If a fire may spread, evacuate to safety evacuation area as early as possible while paying attention to the direction of smoke or wind.

#### Safety evacuation area

The places where residents temporarily evacuate to to protect themselves from fire spread. Open space is designated by Tokyo such as large-scale parks, greenery areas, or fireproof building areas.



#### Designated remaining area within the district

The district where wider-area evacuation is unnecessary even in the case of fire spread. Tokyo designates the areas with advanced non-combustible measures.

NOTE!



**Where is the nearest safety evacuation area?**

.....

Write the name of the nearest safety evacuation area.



See the disaster prevention map.

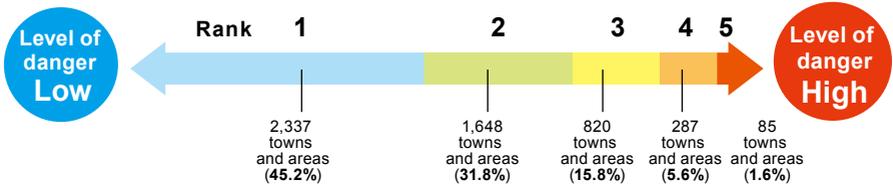
<b>Safety evacuation area</b>	
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# CHECK! /



## Danger level in your living area

The level of danger is published for each community by the Tokyo Metropolitan Government. It shows the relative level of danger on the assumption of the same seismic intensity of an earthquake occurring right under towns and areas. The level is classified into 5 categories.



\*The number of areas cover all towns and areas in Tokyo.

Check the level of danger in your surroundings and circle the number for each item.



See the disaster prevention map > Danger level in each area of Shinagawa

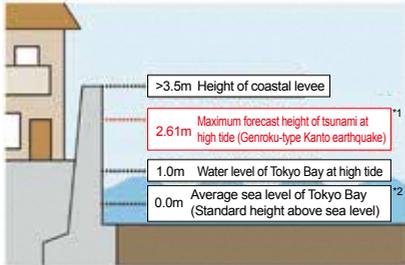
Four horizontal bars, each representing a different risk category. Each bar is divided into five segments corresponding to Rank 1 through Rank 5. The segments are color-coded: Rank 1 (light blue), Rank 2 (light green), Rank 3 (yellow), Rank 4 (orange), and Rank 5 (red).

- The degree of building collapse risk**
- Fire danger level**
- The degree of difficulty in disaster activities**
- The degree of overall risk**

### 3 Danger of tsunami and place to evacuate to

Geographically, big size of tsunami hardly occurs inside the Tokyo Bay, and also, a certain level of safety is secured by coastal levee and floodgates. However, if a floodgate does not close, some areas may be exposed to water.

#### Estimated height of tsunami



\*1 Maximum tsunami expected to reach Shinagawa city in "Regarding new estimated damage in Tokyo, estimated damage caused by an earthquake that directly hits the Tokyo area" (in April 2012)  
 \*2 In Tokyo Bay, the height above sea level and elevation indicate nearly the same.

#### Tsunami warning/advisory

	Expected height of tsunami	
	Announcement in figures (announcement standard)	Expression in a major earthquake
Major tsunami warning	Over 10m (10m < height)	Huge
	10m (5m < height < 10m)	
	5m (m < height < 5m)	
Tsunami warning	3m (1 m < height < 3m)	High
Tsunami advisory	1m (2cm < height < 1m)	(not indicated)

\* The announced figures are categorized into 5 levels according to the height of the expected tsunami, which is different from the height above sea level.

#### Place to evacuate to

In the case of tsunami, you should escape to the nearest hill. If you do not have enough time to evacuate or a hill is too far to evacuate to, "evacuate vertically" such as by going upstairs (higher than the 1st floor) in a tsunami evacuation facility or solid building.

**NOTE!**



#### Danger of tsunami

If you live in the area exposed to tsunami, write a place to evacuate to.

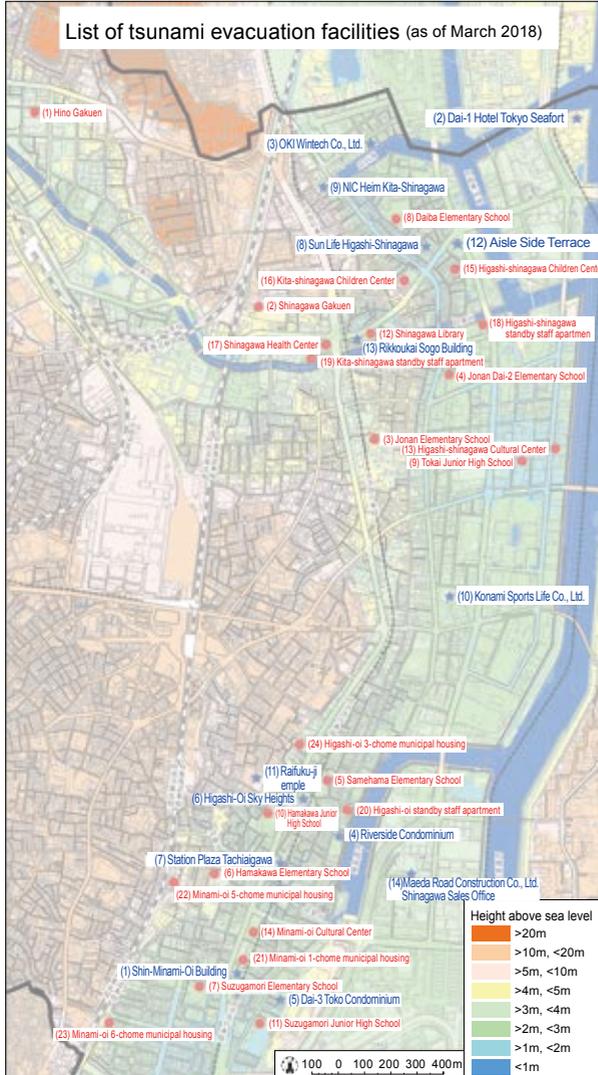


See the disaster prevention map > Tsunami hazard map

<b>Danger of tsunami</b>	Exposed to water: yes / no	* If yes: Depth of immersion: ___ m
<b>Place to evacuate to</b>		

## Tsunami evacuation facilities

The secure, reinforced-concrete construction where residents immediately evacuate to if a “tsunami warning” or “major tsunami warning” is issued. The green sign on the right is displayed. You can check tsunami evacuation facilities from the Shinagawa city website.



### ★ Private facilities (In the order of concluded cooperative agreements)

(1) Shin-Minami-Oi Building	1-13-5 Minami-oi
(2) Dai-1 Hotel Tokyo Seafort	2-3-15 Higashi-shinagawa
(3) OKI Wintech Co., Ltd.	1-19-4 Kita-shinagawa
(4) Riverside Condominium	2-17-14 Higashi-oi
(5) Dai-3 Toko Condominium	1-17-6 Minami-oi
(6) Higashi-Oi Sky Heights	2-13-10 Higashi-oi
(7) Station Plaza Tachiaigawa	2-23-4 Higashi-oi
(8) Sun Life Higashi-Shinagawa	1-28-11 Higashi-shinagawa
(9) NIC Heim Kita-Shinagawa	1-22-17 Kita-shinagawa
(10) Konami Sports Life Co., Ltd.	4-10-1 Higashi-shinagawa
(11) Raifuku-ji temple	3-13-1 Higashi-oi
(12) Aisle Side Terrace	1-32-3 Higashi-shinagawa
(13) Rikkoukai Sogo Building	2-32-3 Kita-shinagawa
(14) Maeda Road Construction Co., Ltd. Shinagawa Sales Office	1-3-20 Katsushima

### ● Facilities owned by Shinagawa ward

(1) Hino Gakuen	2-11-1 Higashi-gotanda
(2) Shinagawa Gakuen	3-9-30 Kita-shinagawa
(3) Jonan Elementary School	2-8-21 Minami-shinagawa
(4) Jonan Dai-2 Elementary School	3-4-5 Higashi-shinagawa
(5) Samehama Elementary School	2-10-14 Higashi-oi
(6) Hamakawa Elementary School	4-3-27 Minam-oi
(7) Suzugamori Elementary School	4-16-2 Minam-oi
(8) Daiba Elementary School	1-8-30 Higashi-shinagawa
(9) Tokai Junior High School	3-30-15 Higashi-shinagawa
(10) Hamakawa Junior High School	3-18-34 Higashi-oi
(11) Suzugamori Junior High School	2-3-14 Minam-oi
(12) Shinagawa Library	2-32-3 Kita-shinagawa
(13) Higashi-shinagawa Cultural Center	3-32-10 Higashi-shinagawa
(14) Minami-oi Cultural Center	1-12-6 Minam-oi
(15) Higashi-shinagawa Children Center	1-34-9 Higashi-shinagawa
(16) Kita-shinagawa Children Center	2-7-21 Kita-shinagawa
(17) Shinagawa Health Center	3-11-22 Kita-shinagawa
(18) Higashi-shinagawa standby staff apartment	3-1-5 Higashi-shinagawa
(19) Kita-shinagawa standby staff apartment	3-1-17 Kita-shinagawa
(20) Higashi-oi standby staff apartment	2-16-12 Higashi-oi
(21) Minami-oi 1-chome municipal housing	1-13-7 Minam-oi
(22) Minami-oi 5-chome municipal housing	5-7-10 Minam-oi
(23) Minami-oi 6-chome municipal housing	6-1-20 Minam-oi
(24) Higashi-oi 3-chome municipal housing	3-6-18,19 Higashi-oi

This map was made using the 1/2500 scale topographic map of Tokyo with the permission of the governor of Tokyo. (Permission No.) 30 Urban Master Plan measurements No. 205. Unauthorized reproduction prohibited.

\* The places with the heights above sea level of tsunami are not always exposed to water. (Please see the tsunami hazard map for details.)

**✓ CHECK! /**

**Let's make an earthquake evacuation map!**



Let's make an "earthquake evacuation map" considering which route to take to the evacuation site if a major earthquake occurs.

**1. Prepare a map of your place and its surroundings.**

Prepare a basic map on which you will make an evacuation map for earthquakes.

**2. Mark your house with red.** ●

**3. Mark the evacuation sites with blue.** ●

The evacuation site varies depending on the disaster situation and evacuation purposes. Look for the evacuation sites below and mark them.

- Temporary evacuation area
- Evacuation shelter for ward residents
- Safety evacuation area
- Evacuation site for tsunami

**4. Mark dangerous places**

Mark the items below to clearly show the details of the dangers.

<p><b>Danger of collapse</b></p> <p>Old brick walls/ billboards/ glass window/</p> 	<p><b>Danger of fire</b></p> <p>Factory/area with many houses made of wood</p> 
<p><b>Danger of liquefaction</b></p> <p>Along river/marsh/reclaimed land</p> 	<p><b>Danger of tsunami</b></p> <p>Lowland along the coast</p> 
<p><b>Alley, narrow street</b></p> 	

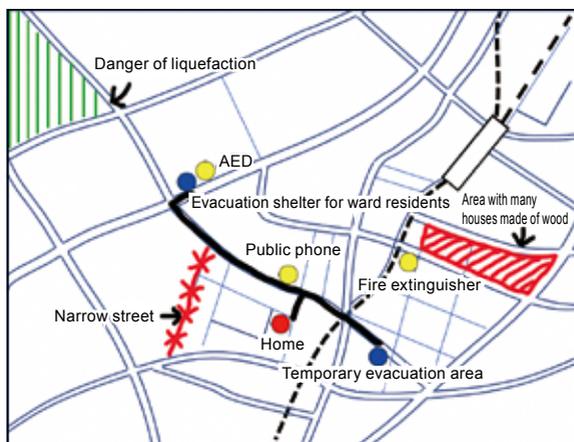
**5. Mark the facilities or equipment that can be used at the time of disaster.** ●

Fire extinguishers, AED, public phones, public lavatory, convenience stores, Free Wi-Fi spots, etc.

## 6. Draw evacuation routes

Draw evacuation routes that do not include dangerous places. The route decided in advance may be blocked due to damage, so draw multiple routes.

(Example)



## 7. Walk in the town

Let's walk in the town based on the map you made. Check whether there is danger you have overlooked. It is also recommended that you walk with emergency supplies.

### Tsunami voluntary evacuation map

In Great East Japan Earthquake, the worst damage was caused by unexpected large-scale tsunami. Learning from this great earthquake, we have been encouraging residents to prepare a "tsunami voluntary evacuation map" in Shinagawa city.

Let's make an evacuation map for tsunami so that you can act in an emergency.

\* You can find the manual for preparing a map on the website of Shinagawa ward, or get the manual at the desk of the River and Sewerage Section.

## 4 Information sources

When a disaster occurs, groundless rumors or incorrect information may spread. Try to get the latest correct information from reliable information sources.

### Municipal radio communication system for disaster prevention

Emergency information will be provided through outdoor speakers in the ward.

### TV

On the Shinagawa ward residents' channel (terrestrial digital broadcasting 11ch), emergency information will be shown on the screen during ordinary broadcast.

### Radio

Information will be provided through InterFM(89.7 MHz) and Community FM(88.9 MHz), with which Shinagawa ward concluded a disaster cooperation agreement.

### Emergency report area email

Emergency information will be delivered by email to people staying in Shinagawa ward who have mobile terminals of Docomo, au, and SoftBank.

\* If you receive an email, emergency information will be automatically shown on the screen of the terminal. You do not have to register the address.

### Dial for emergency information

If you dial  03-3777-2292, you can hear emergency information sent by the municipal radio communication system for disaster prevention through voice message.

### Shinagawa TV Push

Original service of Cable TV Shinagawa. Necessary information will be provided at the necessary timing through voice and TV screen. The channel will be automatically changed for emergency information or the TV turns on by itself to provide the information even if it is switched off.

### Public relations car

Providing information using a speaker at the area with expected danger.

### Disaster prevention tablet

Prepared at neighborhood association, neighborhood community association, and evacuation shelter for ward residents such as municipal elementary schools, junior high schools, and schools for compulsory education.

## Shina mail (Shinagawa information mail)

Services provided by the ward. You can choose the information you want to receive, from emergency information, disaster prevention weather information, etc. You need to register in advance.



## Emergency notification call for evacuation information

The services provided for residents living in the areas that may be exposed to tsunami, water, or landslide and Shinagawa city give evacuation information by giving you a call or sending you e-mail. You need to register in advance.



## Internet

### Website of Shinagawa city

<https://www.city.shinagawa.tokyo.jp/>



### Twitter of Shinagawa city

<https://twitter.com/shinagawacity>



### Facebook of Shinagawa city

<https://www.facebook.com/city.shinagawa/>



### Website of Disaster prevention information

<http://www.bousai.metro.tokyo.jp/>



### Twitter of Disaster prevention information

[https://twitter.com/tokyo\\_bousai](https://twitter.com/tokyo_bousai)



### Website of Disaster Management, the Cabinet Office

<http://www.bousai.go.jp/>



### Twitter of Disaster Management, the Cabinet Office

[https://twitter.com/CAO\\_BOUSAI](https://twitter.com/CAO_BOUSAI)



### Website of Japan Meteorological Agency

<https://www.jma.go.jp/jma/index.html>



### Twitter of Japan Meteorological Agency

[https://twitter.com/JMA\\_kishou](https://twitter.com/JMA_kishou)



## 2 Let's decide with your family



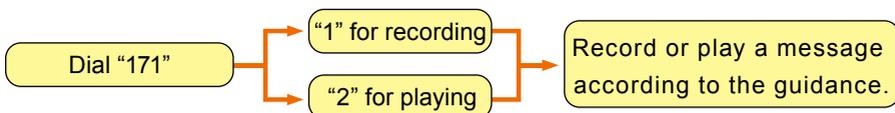
### 1 Confirmation of family safety

If a disaster occurs, phones do not easily connect. It is recommended that you prepare multiple ways to confirm the safety of your family.

#### Use voice communication

Disaster emergency message dial 171

At the time of disaster, if you record your safety information from a landline phone or cell phone, your message can be played from anywhere in Japan.



\* At evacuation shelter, free public phones will be installed.

Triangle communication method

The method of calling your family, relatives, or acquaintances living far from the disaster area to check their safety or leave a message.

#### Use the internet

Disaster message board web171

Web message board in which you can confirm the safety at the time of disaster.

SNS  
(Twitter, Facebook, LINE)

You can use SNS to confirm their safety or leave a message.

NOTE!



#### How to confirm the safety of your family

Decide on a few methods of confirming their safety in advance.

The method of confirming their safety1

The method of confirming their safety2

## 2 Meeting point for family

Predecide the meeting point in case the family separated.

- Choose a safe place for staying without danger.
- A nearby school or park can be a candidate place for the meeting point. Also, decide on details such as “in front of the entrance gate” or “in front of playground equipment.”
- Decide on a meeting time, and then you do not have to keep waiting.

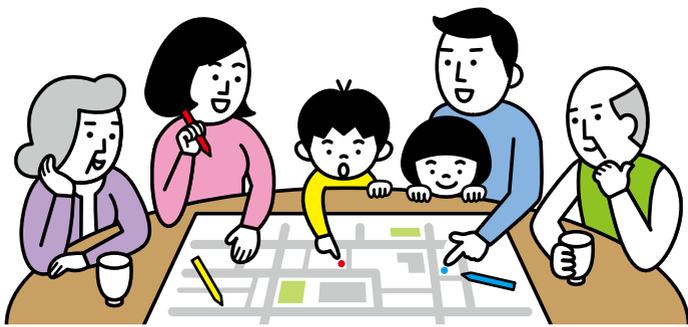
**NOTE!**



### The place to meet your family

You may not be able to get into the place decided with your family in advance or it may be difficult to meet your family due to too many evacuees. Decide on a few places with priority.

<p><b>Places to meet your family Priority1</b></p> <hr/> <p><b>Places to meet your family Priority2</b></p>
---



## 2 Let's decide with your family

\CHECK! /



# Let's make a disaster prevention card!

Write what you have decided with your family on a disaster prevention card. Make a card for each family member and have each of them take it with him/her. Taking a photo of the card with a cell phone or smartphone is also a good idea.

[Example]

See pages 91 and 93 for a card for your family.

Disaster prevention card	Name <b>Taro Bosai</b>		Date of birth <b>DD/MM, 1990</b>	
	Address <b>1-O-XX Hiromachi, Shinagawa-ku</b>		No. of health insurance card <b>01234567</b>	
	Blood type <b>O</b>		Allergy, chronic disease, medication <b>Milk allergy</b>	
	Evacuation shelter for ward residents <b>OO Elementary school</b>		Temporary evacuation area <b>XX Park</b>	
	Method of safety confirmation		Family meeting point	
	1 <small>Disaster emergency message dial 171</small>	2 <small>Triangle communication method (Grandfather's house)</small>	1 <small>In front of the fountain in XX Park</small>	2 <small>In front of the front gate of OO Elementary school</small>
	<b>Emergency contact information (family, school, workplace, etc.)</b>			
	Name		Address/Tel	Remarks
	<b>Hanako Bosai</b>		<b>1-O-XX Ebara, Shinagawa-ku</b> <b>( 080 ) ○○○○ - △△△△</b>	<b>Mother</b>
			( )	

Disaster prevention card	Name		Date of birth	
	Address		No. of health insurance card	
	Blood type		Allergy, chronic disease, medication	
	Evacuation shelter for ward residents		Temporary evacuation area	
	Method of safety confirmation		Family meeting point	
	1	2	1	2
	<b>Emergency contact information (family, school, workplace, etc.)</b>			
	Name		Address/Tel	Remarks
			( )	
			( )	

## Let's participate in disaster prevention activities in the community!

In a major disaster, the situation cannot be responded to only by administrative organizations such as the ward office, police office, fire department, and Self-Defense Force. Let's "protect our town ourselves," and work on what each of us can do such as participation in a disaster prevention drill regularly.

### Residents' disaster prevention organization

Organizations that carries out disaster prevention activities based on the neighborhood association/neighborhood community association. In Shinagawa ward, 200 residents' disaster prevention organizations are proactively engaged in activities throughout a year such as first-response firefighting (learning how to use a pump), first aid procedures, and disaster prevention events for children.



Nakanobu 1-chome residents' disaster prevention organization' s disaster prevention event

### District disaster prevention council

District disaster prevention councils are established in 13 districts (unit of community center) to promote disaster prevention activities in cooperation with all districts. Each council makes various efforts such as the general disaster prevention drill every September to November, visits to disaster prevention facilities, and encouraging home refuge.

### Establishment of the support system for those who require special consideration

The support system for those who need special consideration is being established in each community such as by carrying out evacuation guidance drills for those who have difficulties evacuating by themselves and preparing individual plans.



Futabachuo-cho residents' disaster prevention organization' s evacuation guidance drill



**Get prepared**



To protect yourself  
**Page 40**



For home refuge  
**Page 44**



If you live  
at evacuation shelter  
**Page 50**



# 1 To protect yourself



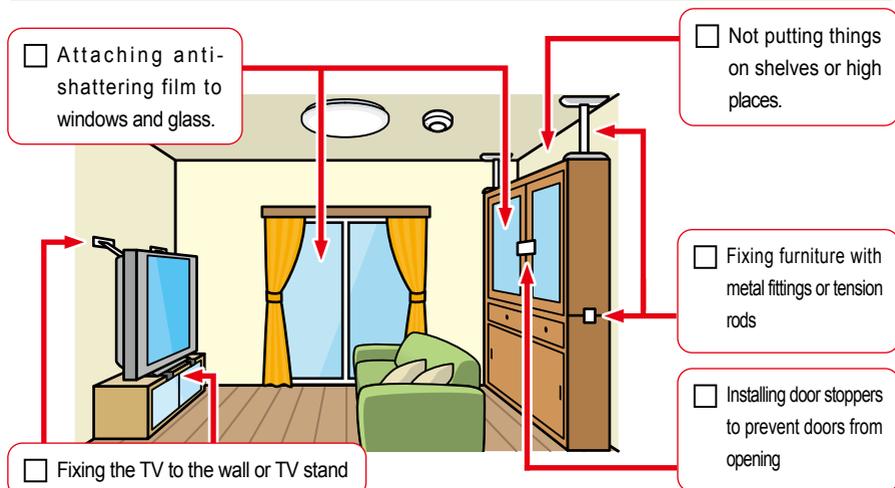
## 1 Secure a safe place

To protect yourself and your family from the damage to your house caused by the shaking during an earthquake, you need to secure safety inside the rooms, around the house, and of the house itself.

### Measures for rooms

Check whether the safety measures are taken inside the rooms.

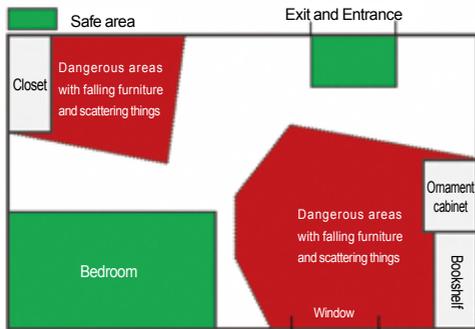
#### Prevention measures against falling over, falling down, and moving of furniture



See the aid for installing devices for prevention of falling of furniture on page 87

#### Ingenious layout of furniture

See page 87 for the purchase of disaster prevention items.



- The bedroom and exit and entrance should not be blocked by falling furniture and areas in which stored things may scatter should not block an evacuation route.
- Tall furniture is not placed near a bed or futon.

## Measures in the surroundings of houses

Check whether safety measures are properly taken in the surroundings of houses.



- Having inspected the safety of brick walls and reinforcing their earthquake-resistance.
- Taking fall prevention measures for things on the roof or high places.

See the aid for reinforcing brick walls on page 86. 

## Earthquake resistance of houses

Get an assessment of the earthquake resistance of your house and do seismic reinforcing work if necessary. Pay particular attention to houses built before May 31, 1981, since the old seismic code is applied to them.



See page 86 for the support for earthquake resistance for houses and buildings. 

See page 87 for the aid for installing earthquake-resistant shelters. 

### Earthquake Insurance

If you suffer damage due to an earthquake, you need a certain amount of money to reconstruct your life such as for rebuilding or repairing your damaged house, buying household belongings, and temporary living. Earthquake insurance covers the damage (fire, damage, being buried, washout) caused by an earthquake, eruption, or tsunami.

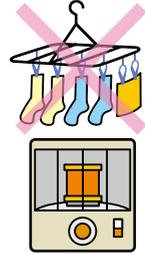
## 2 Preventing fires

Always be careful about handling fire sources, to avoid a fire. Be prepared in case of a fire.

### Not to cause a fire

Check the measures in your house for preventing fires.

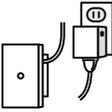
- Install a quake-sensitive circuit breaker
- Use fireproof bedding, aprons, and curtains
- Place nothing around the heater etc.



### Be careful about fire caused by re-energization!

In the past earthquake disaster, a lot of fires were caused by electrical appliances due to the shaking, and also re-energization when electricity was restored after the blackout. A quake-sensitive circuit breaker is an appliance that automatically stops electricity when it senses shaking. Install a quake-sensitive circuit breaker to prevent fires caused by re-energization.

#### Types of quake-sensitive circuit breakers

Types	For distribution board		For outlet	Simple type	
	Built-in	Retrofitting		Weight/spring type	Connecting to an outlet with grounding
					
Features	A sensor built in a distribution board senses shaking, and a circuit breaker trips to cut electricity.	A sensor installed outside a distribution board senses shaking, and a circuit breaker trips to cut electricity.	A sensor installed inside an outlet senses shaking, and the electricity of electrical appliances is cut from the outlet.	A breaker is switched off when a weight falls or a spring acts due to shaking.	A device is installed in an outlet with grounding. It makes a breaker trip to cut electricity when the device senses shaking.
Precautions	Electrical work is necessary.		Electricity to an outlet is not cut without a breaker.	Electricity goes off instantly, so lighting apparatus needs to be prepared in advance.	A circuit breaker needs to be installed, and an outlet with grounding is required.

See page 87 for the aid for quake-sensitive circuit breakers. 

# Prevention a fire from spreading

Check the measures for first-response fire extinguishing in your house in case of a fire.



- Install fire alarms for houses and have them checked periodically.



- Place nothing that easily catches fire around the house.



- Install a fire extinguisher and have it checked periodically.
- Able to use a fire extinguisher.

See page 66 for how to use a fire extinguisher.

See page 87 for the purchase of a fire extinguisher.



- Participating in disaster prevention drills regularly.

## Preparation of the ward against a fire

Shinagawa city is taking various measures against fires.

- **Fire extinguishers on the streets**

About 6,000 fire extinguishers are installed along the roads and sidewalks.

- **Small extinguishing pump/Standpipe**

They are installed at the ward resident fire brigade, mini-pump unit, and ward residents' evacuation shelter.

- **Water tank (fireproof water tank)**

Water tanks are installed in the ward facilities such as schools and parks and on the private lands.

## 2 For home refuge



If an earthquake occurs, distribution systems stop and you may not be able to buy daily necessities at convenience stores or supermarkets. Store some food and daily necessities at home for home refuge.

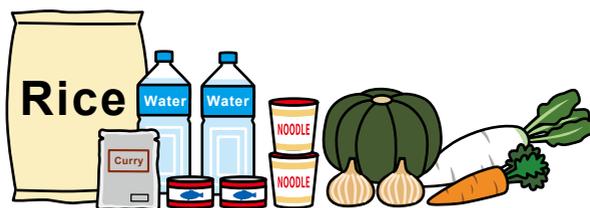
### 1 Store food and water

Store food and water for home refuge. People sometimes lose their appetite after a disaster, so prepare tasty food and easily eat food for all family members.

#### POINT

- Store food and water for at least 3 days, and up to **one week**, if possible.
- Store 3 liters of water to drink per person per day.
- Try to store food as follows: staple food (rice, bread, noodles) + main dish (meat, fish, egg, beans) + side dish (vegetables, seaweed, mushroom).

Staple food	Rice, ready-to-eat rice, instant rice, bread (tinned bread), dry noodles (somen [vermicelli], pasta, etc.), cup noodles, etc.
Main dish	Tinned meat, fish, and beans, ready-to-eat food, dry food, etc.
Side dishes	Long-life vegetables and fruits, tinned vegetables and fruits, dry vegetables, dry fruits, seaweed, etc.
Drinks	Water, vegetable juice, fruit juice, etc.
Others	Seasonings, snacks, supplements you usually take



## If you have a baby

Mothers may not be able to breastfeed their babies temporarily due to the stress of a disaster. Store formula and feeding bottles (paper cups can also be used instead of bottles). Store plenty of ready-to-eat baby food.

## The elderly

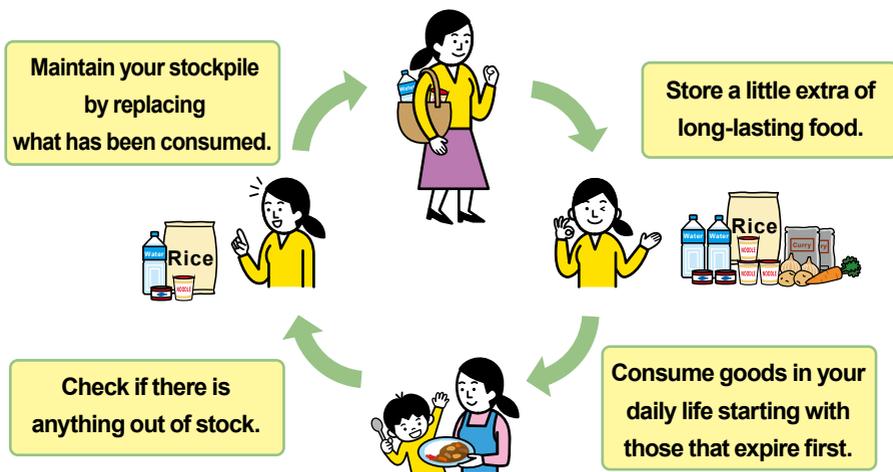
For the elderly who have difficulty chewing, prepare food that is usually eaten at home. The elderly tends not to feel thirst and easily become dehydrated. Remember to store water to drink.

## People with chronic diseases

Appropriate food cannot be often obtained immediately after a disaster for people with chronic diseases such as kidney disease or diabetes mellitus, or people with food allergies. Try to store extra food that is usually eaten.

## Recommendation of Rolling stock

“Rolling stock” is an idea in which we keep in stock a little extra of the long-lasting food that we usually eat, consume goods starting with those that expire first, and replace what has been consumed with new purchases so that they do not become out of stock. In this method, we can store food and drink without much effort in our daily life.



## 2 Prepare necessities

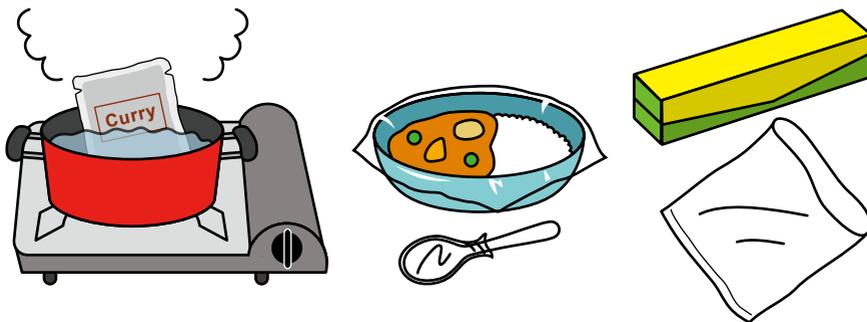
Store daily necessities for home refuge.

**POINT**

- Prepare on the assumption that utilities (electricity, water supply, sewerage, gas) stop functioning.
- Store things you always use, medicines you take, and what you need as stockpile.

Water supply equipment	Water tank, water bag, PET bottles
Kitchen appliances	Portable gas cooker, portable gas cylinders, plastic wrap, aluminum foil, plastic bags, chopsticks, paper plates, spoons, forks, knives
Sanitary goods	Portable toilet, toilet paper, tissue paper, garbage bags, disposable gloves, wet tissue, disinfectant, underwear, toothbrush
Medicine first aid kit	Household medicine, over-the-counter drugs, first-aid kit, medical diary
Information devices	Hand-cranked radio, battery charger for cell phones and smartphones
Other daily necessities	Flashlights, dry cell batteries, lighters, ropes, packing tapes, cotton work gloves, newspapers, disposable heat packs

See page 87 for the purchase of disaster prevention goods. 



When the water supply stops, you cannot wash dishes. However, you can eat food without soiling dishes if you have plastic wrap or plastic bags.

## Preparation for toilet

At the time of disaster, you may not be able to use the toilet due to damage to sewage pipes. You may be able to skip meals but not skip going to the toilet. You need to prepare a portable toilet kit at home.

### In the past disasters

Dirty water flushed by the residents upstairs overflowed downstairs due to damaged sewage pipes.

People sometimes became sick because they tried not to take much water or food so that they would not have to go to the toilet.

### Before using the toilet

Check whether drainpipes or sewage pipes are damaged or not. Use a portable toilet and do not flush the toilet until the check is completed.

- Check whether use of sewerage is restricted in the community.
- Open the lid of a soil water basin in the premises of your house and check if the water flows.
- Ask a drainage contractor to check the sewerage.

**Bureau of Sewerage General equipment maintenance center**

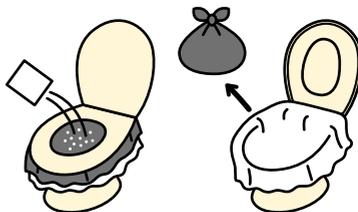
 **0120-850-195 (from mobile phone/PHS: 03-3585-0195)**

- If you live in a condominium, check with the management association.

### How to use a portable toilet kit

If you cannot flush the toilet, use a portable toilet kits. Prepare the kit for the number of family members on the assumption of it being used 5-6 times a day per person.

- ① Cover the toilet bowl with a garbage bag and stool bag (black plastic bag).
- ② Put a solidifying agent and deodorant after excretion.
- ③ Tie the bag tightly and keep it until garbage collection\*.



\* You cannot dispose of excrement the way you usually dispose of garbage.

### ✓ CHECK! /



## Check the stockpile at home!

Calculate what are necessary for family members to live for 3 days and check what should be purchased.

For family members to live for 3 days	Food	Drink	Toilet
<p>①</p> <p><b>What are necessary</b></p>	<p>_____ Persons x 3 meals x 3 days</p> <p><b>= ____ meals</b></p>	<p>_____ Persons x 3 L x 3 days</p> <p><b>= ____ L</b></p>	<p>_____ Persons x 5 times x 3 days</p> <p><b>= ____ times</b></p>
<p>②</p> <p><b>What you have now</b></p>	<p>e.g.) 3 meals of ready-to-eat food, 3 natto packs, 1 bag of bread</p> <p><b>Total ____ meals</b></p>	<p>e.g.) 5 bottles of water (2 L), 4 bottles of tea (500 ml)</p> <p><b>Total ____ L</b></p>	<p>e.g.) Portable toilet kits for 10 times, 12 rolls of toilet paper</p> <p><b>Total ____ times</b></p>
<p>③</p> <p><b>What you need to buy ( ① - ② )</b></p>	<p><b>Total ____ meals</b></p>	<p><b>Total ____ L</b></p>	<p><b>Total ____ times</b></p>

#### POINT

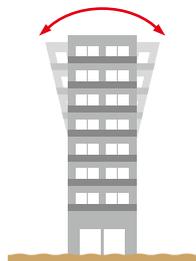
- Buy a little extra to replenish the stockpile during regular shopping for the rolling stockpile.
- Increase the amount gradually to keep stockpile for 1 week.

## Damage specific to condominiums

Condominiums generally have good earthquake resistance and fire resistance. However, there are some kinds of damage or impact that are specific to high-rise buildings or housing complexes. At condominiums, stockpiles should be prepared according to their characteristics.

### Damage specific to condominiums

- In long-period ground motion, the higher the floors are, the more the shaking in high-rise buildings. Furniture tends to easily fall down.
- If an elevator stops, it will be difficult to move upstairs or downstairs.
- If a part of the drainage pipes is damaged, toilets cannot be used in the entire building.
- If the water pump stops, the water supply stops.



### Preparation of each household

- For home refuge, store plenty of food, drink, and also portable toilet kits.
- Prevent furniture from falling down and keep places or spaces safe.

### Preparation of condominiums

- Based on the discussion among residents, make rules for the safety confirmation method, use of common space, reception of relief supplies, and storage of garbage.
- Keep stockpiles in elevators in case of people being trapped.
- Check the emergency staircase and disaster prevention equipment during disaster prevention drills.
- Establish a relationship with the surrounding community association or neighborhood community association on a day-to-day basis.



See page 88 for the support for the disaster prevention measures for condominiums. 

## 3 If you live at evacuation shelter



### 1 Living together with other people

Various people live together at evacuation shelter. Be considerate and help one another particularly in the difficult time after a disaster.

#### Rules for community life

At evacuation shelter, voluntarily do what you can or what you are good at and help one another. Basic living rules are provided for each refuge in the operation manual. Participate in the drills at evacuation shelter and check the rules.

#### People who need special consideration

There are people who need special consideration such as the elderly, people with disabilities, infants, pregnant women and nursing mothers, people from overseas, and sexual minorities (LGBTs.). Let's be considerate and support them.

- Be considerate to those who need special consideration according to their situation, such as by securing for physically handicapped people a place with good access to the toilet in the refuge or conveying information with letters to people with hearing difficulties.
- Use the secondary evacuation shelter or welfare evacuation shelter if necessary.



See the disaster prevention map.

#### Women/Expectant and nursing mothers

The operation of evacuation shelter needs the perspective of women. Women should actively participate in the operation. Be considerate to differences in needs according to gender.

- Have underwear and sanitary goods for women distributed by women.
- Set a changing room, nursing room, or laundry-drying place exclusively for women.
- Be careful not to be alone where you are not seen by anybody. Try to move with others at night in particular.



## People with allergies

People with allergies need to tell the people in their surroundings about the allergy. A sticker or name plate stating allergens should be attached to children. Check the ingredients of meals and avoid allergens.

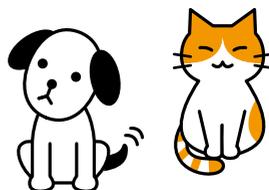
- Prepare a card with details of the allergy and emergency contact information.
- Take EpiPen® or drugs in case of accidental ingestion.
- If any symptom appears, ask the people around for help.
- Store plenty of food suitable for people with allergies.



## People who have pets

Living at evacuation shelter is a burden on pets. It is important to prepare things so that pets can live in their familiar environment. If you have to evacuate, take your pet with you. Be considerate to others and follow the rules of the refuge such as putting your pet in a cage, and keep them breed in cooperation with other pet owners.

- Store plenty of necessities such as pet food and toilet sheets.
- Train your pet to stay in a cage and not to bark for no reason.
- Have your pet vaccinated and spayed or neutered.
- Put a name tag on your pet or implant a microchip.



See page 55 for emergency supplies. 

## 2 What you have to be careful about

Living in an environment different from usual will be a big burden physically and mentally. Try to lead as healthy a life as possible.

### Physical health

Physical function will decrease due to the change in the environment. Try to be careful about your health more than usual.

#### Exercise

Staying in the same pose for long hours may cause poor blood circulation and some people develop economy-class syndrome (having thrombus or a blood clot) and become sick. Try to exercise as much as possible such as by stretching, walking, and radio exercise.



Up and down of heels

#### Nutrition

Take plenty of water. Meals at the time of disaster tend not to contain much protein, vitamins, minerals, and dietary fiber. Try to take a good combination of them in meals, for example, staple food, main dish, and side dish.

If you keep having boxed lunches or ready-to-eat food, you will take too much salt. Also, it is important to eat the appropriate amounts of food at a refuge.



#### Oral care

An irregular life, insufficient tooth brushing, fatigue, and stress sometimes cause not only tooth decay and periodontitis but also infections such as influenza and aspiration pneumonia.

Remember to brush your teeth or take care of your dentures. If you have no water, use mouthwash.



## Life hygiene

If general equipment cannot be used due to the stoppage of utilities, hygienic conditions will worsen and infections may spread sometimes. Make it a rule to try to keep yourself clean.

### Toilet

If the water supply stops, toilets may be unavailable. Use toilets based on the rules at the refuge and clean them regularly in cooperation with one another.

### Garbage

Garbage collection will not function as normal due to too much garbage. Be careful about odors and harmful insects. Try to set a garbage collection area as far from the living space as possible.

## Mental health

A disaster will have great impact on people's mental health. Talk with the people around or contact the consultation desk instead of keeping your worries to yourself.

### Human relationships

When living at evacuation shelter, you will have many opportunities to communicate with various people. Try to be considerate to other people's feelings.

### Feeling of depression

You may be dramatically depressed due to the stress of living at evacuation shelter in addition to various kinds of damage due to the disaster. If you cannot talk with the people around, contact a special desk.



## Troubles in your life

During times of disaster, troubles tend to increase such as dismissals, crimes, discrimination, domestic violence, forced division of work by gender, legal issues, and consumer troubles. If you have some problems with life at a refuge, talk with people around or consult the desk instead of keeping your worries to yourself.

See page 89 for the contact information of related institutions. 

## 3 Prepare emergency supplies

Get prepared to take minimal necessities for evacuation.

**✓CHECK! /**



### Check the emergency supplies!

#### Valuables

- Cash (including change for public phones)
- Savings account passbook and seal
- ID (driver's license, passport, insurance card, etc.)

#### Information devices

- Cell phone, smartphone, battery charger
- Portable radio     Map
- Emergency contact information  
(family, relatives, acquaintances)

#### Food

- Emergency food     Water to drink

#### Useful items

- Utility knife     Helmet
- Flashlight     Plastic bags
- Whistle, buzzer     Packing tape
- Cotton work gloves     Writing instruments
- Lighter    including oil-based pen
- Portable blanket     Water bags
- Shinagawa Disaster Prevention Handbook

#### Hygienic items

- First-aid kit
- Household medicine,  
medicine for chronic disease
- Towels
- Portable toilet kits
- Toilet papers
- Wet tissues
- Masks
- Toothbrush
- Glasses, contact lenses (cleaner)
- Underwears



## What you need

You need to add your personal needs to your emergency supplies.  
Check what you need.

### Women



- Dressing goods  
(Mirror, hair elastic, lotion, moisture cream, cosmetics, etc.)
- Sanitary goods
- Crime prevention buzzer or whistle

### The elderly



- Reading glasses
- Medical diary and description
- Household medicine
- Hearing aid, spare batteries
- Dentures, cleaner

### If you have a baby



- Diapers
- Baby wipes
- Soundless toys
- Baby food
- Baby sling
- Mother and child health handbook

\* Prepare formula and disposable bottles (paper cups) and breastfeeding pads if you have a baby.

#### POINT

Your usual mother's bag will be a bag for taking emergency supplies for your baby at the time of a disaster. When you come home, replace used items with new ones.

### If you have a pet



- Leash, collar, cage
- Pet food, water, plate
- Toilet sheets
- Wet tissue for cleaning the body
- Record of vaccination
- Photo of your pet

### 3 If you live at evacuation shelter

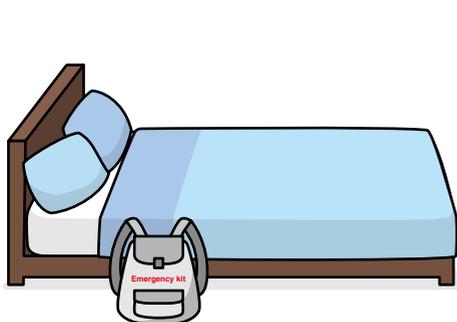
## Weight of emergency supplies

You may have to carry an emergency bag walking on the streets with debris or other things. Try not to make the bag too heavy. The backpack type is recommended so that both hands are free and easy to balance.



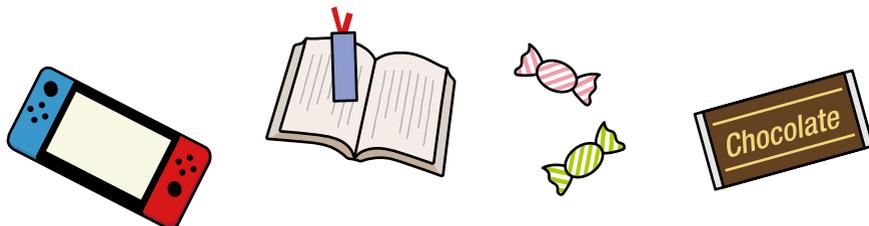
## Where to place emergency supplies

Place emergency supplies at a few places where you can easily take them out immediately after or before a disaster such as the entrance, living room, bedroom, and workplace.



## Prepare something that relaxes you

Other than emergency supplies, “something that relaxes you,” such as snacks, portable game players, accessories, and novels, will soothe you at the time of a disaster.



## Stockpile of Shinagawa city

Based on the community disaster prevention plan in Shinagawa city, we have stored necessary materials such as provisions, water, and daily necessities. Regarding provisions, according to the division of roles in the (Tokyo) prefecture and cities, we have stored about 500,000 meals including instant rice and biscuits in Shinagawa ward.

Regarding water to drink, we have secured water tanks and PET bottles of water in addition to 4,600 m<sup>3</sup> (4,600,000 L) of water in 4 emergency cisterns on the assumption that a person needs 3 liters of water per day to maintain resident's life.

- 23 storehouses for disaster prevention (as of March 2018)
- 52 storehouses at evacuation shelter for ward residents such as municipal elementary schools and junior high schools

The stockpile for each evacuation shelter for ward residents is as below. There is a limited number of goods. Please store goods for emergency at each household.

	Item	Quantity		Item	Quantity
Food etc.	Instant rice, biscuits	3,000	Houseware	Blanket	500
	Plum porridge	150		Air mat	100
	Food edible for people with allergies	100		Waterproof sheet	50
	Pickled plum	9kg		Temporary toilet	5
	Water to drink	1,800L		Support for a western-style toilet	5
	Formula (including formula for an allergic baby)	26		Collapsible toilet	100times
Devices and equipment	Pot and cooking stove set	2 pairs		Portable toilet set	5,000times
	LP gas burner	1		Toilet paper	100roles
	Solid fuel	72		Diapers etc.	1,500
	Water container (20 L)	30		Sanitary goods	120
	Filtering machine	1		Medical mini-set	2
	Cutoff device for a water tank	1		Medical equipment set	1
	Emergency power generator	1		Hand sanitizer	60-120
	Temporary public phones	5		Lantern	10
	Tub for temporary toilet	5-12			
	Rescue set	1			
	Portable storage batteries for solar panels	1			

\* Only for first-aid stations at school

- 4 emergency cisterns for disaster measures

Rinshi-no-mori Park, Togoshi Park, Shioji Park, Yashio High School



Let's learn



Emergency first aid  
**Page 60**



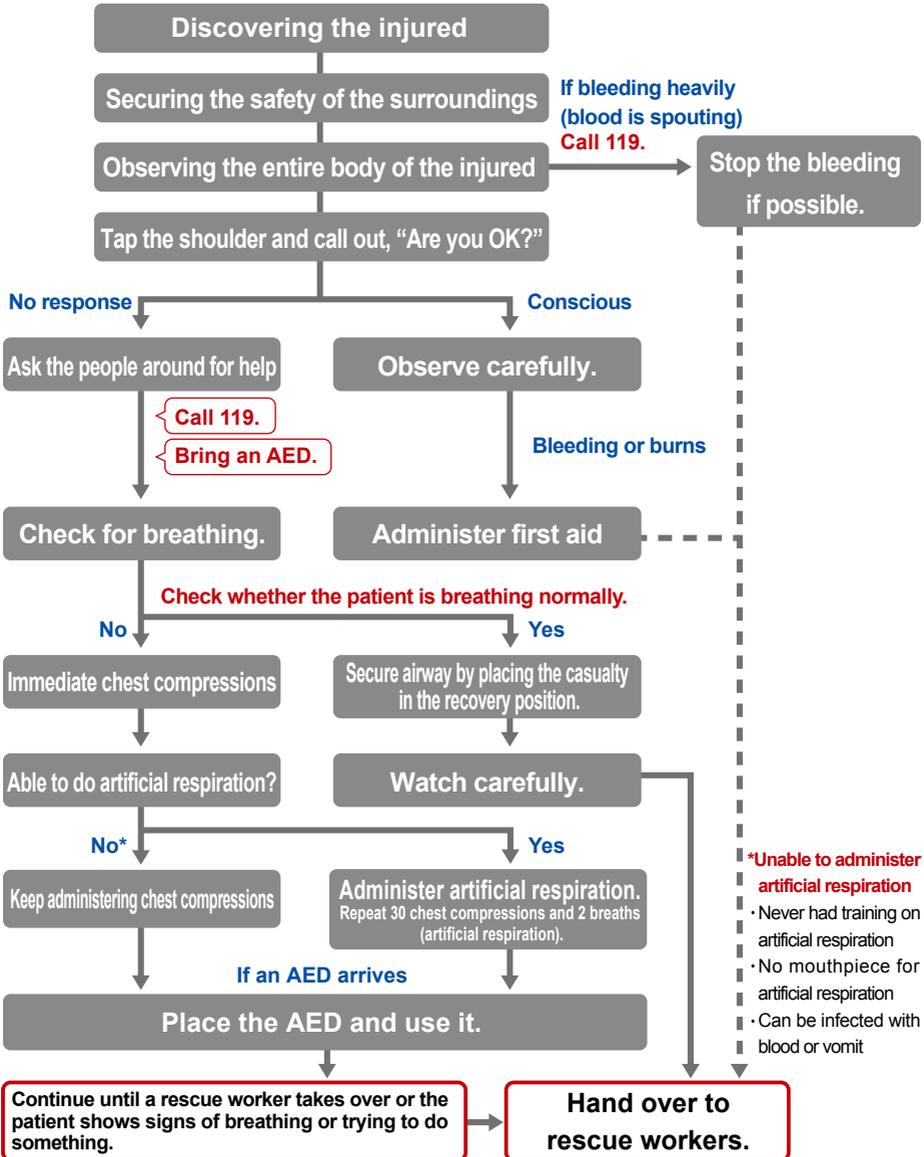
First-aid fire fighting  
**Page 66**



# 1 Emergency first aid



## 1 First aid procedure



## 2 First aid

If a casualty is conscious and is not heavily bleeding, administer first aid. Don't touch a wound or blood with your bare finger. Wear plastic bags as gloves.

### Bleeding

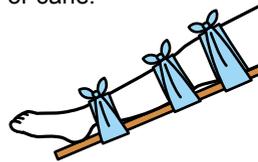
- Apply a clean towel or gauze to the wound and press the wound site with hands.
- Raise the wound site above the heart as much as you can.

\* Although there are other methods to stop bleeding such as using a tourniquet or pressing the joints, for which special knowledge is required.



### Bone fracture

- Put a splint on the broken area and fix together with both joints of the broken bone.
- If you don't have a splint, use a board, umbrella, or cane.



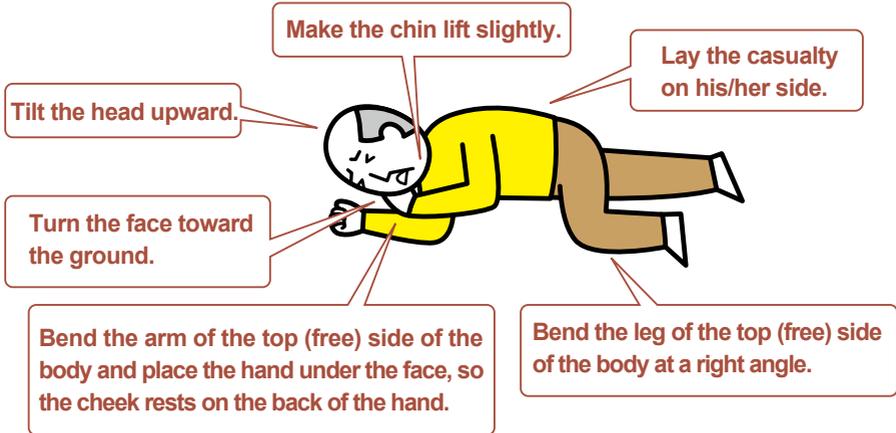
### Burn

- Cool the burn with running water as soon as possible.
- If running water gives too much stimulation, put water in a wash basin and cool the burn in it.
- Don't try to remove the clothes. Cool down the burn through the clothes.
- If the burn covers a large body area, cool the area with a hose as quickly as possible. If the air temperature is low or the burn victim is an infant, pay close attention to prevent hypothermia (very low body temperature).



## Recovery position

The position to secure the airway by lifting the chin of a casualty. Stabilize the body with the bent leg. Gently turn the face toward the ground so that any vomit would not cause the casualty to choke.



### POINT

If the casualty is conscious, ask him/her about a more comfortable position for him/her.

## 3 Cardiopulmonary resuscitation

When you observe the chest or abdomen of the casualty and find no breathing, start cardiopulmonary resuscitation.

### Chest compressions

If the heart stops and cannot send blood to the body, you need to play the role of a pump. Keep administering chest compressions by taking turns with the people around you.

**1** Lay the casualty on firm ground.

**2** Place your hands on the middle of the chest.

Place one hand on the chest bone in the middle of the chest, then place the other hand on top of the first hand, and put force on the heel of the hand.

### 3 Use your body weight to vertically press the chest.

Keep your elbows straight and push down hard approximately 5 cm at a rate of 100 to 120 compressions a minute.



## Mouth-to-mouth resuscitation

Rescue breathing in which air is blown from the first-aid giver's mouth to the lung of the casualty who is not breathing or whose breathing is shallow.

### 1 Secure the airway

Tilt the head backward by pulling the chin upward.

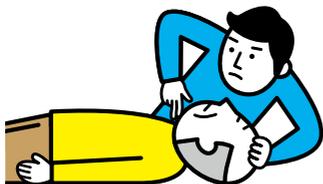
### 2 Give breaths.

Give a rescue breath that lasts one second.

### 3 Watch if the chest rises and give another breath.

Take your mouth off. If the chest rises, give another breath.

\* If you do not have a mouthpiece for mouth-to-mouth resuscitation or you are hesitant to do it, repeat chest compressions without doing mouth-to-mouth resuscitation.



**If you combine chest compressions with mouth-to-mouth resuscitation**

- Repeat "30 chest compressions and 2 mouth-to-mouth breaths".

## How to use an AED (automated external defibrillator)

The AED is a medical device that delivers an electrical shock to help the heart re-establish an effective rhythm. An electrocardiographic analyzing system contained in the AED will give voice instructions, so use the AED according to the instructions.

### 1 Turn on the power.

Some types of AED automatically turn on when you open the lid.

### 2 Attach the AED pads on the chest.

As the picture on the pads shows, attach the pads firmly to the skin of the chest. Wipe the chest if the body is damp due to sweat etc.

### 3 Wait until you know the results of the electrocardiographic analyzing system.

The AED will analyze the electrocardiogram and decide the necessity of an electric shock. Do not touch the casualty during the analysis.



### 4 [When giving a shock] Press the “Shock” button

Stay away from the casualty and confirm that no one is touching him/her, and then press “Shock.”

### 5 Follow the instruction of the AED.

Follow the instruction of the AED afterward.

\* You can check where AEDs are installed on the website of Shinagawa City.

### If the casualty responds such as he/she groans

- Stop cardiopulmonary resuscitation and place the casualty in the recovery position.

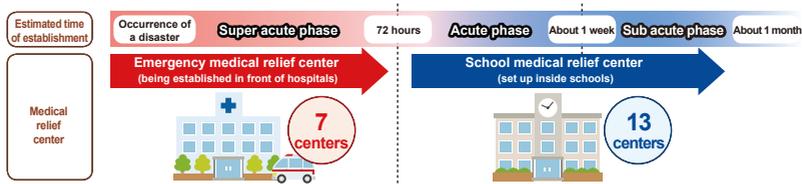
### If the AED decides not to give an electric shock

- If the results of the electrocardiogram by the AED show that an electric shock will not be effective for the casualty, the system decides not to give an electric shock.
- In that case, instead of giving an electric shock, administer chest compressions.

## Medical relief system

In Shinagawa City, we will respond to the casualties at the time of disaster by establishing emergency medical relief centers and school medical relief centers in cooperation with healthcare institutions.

\* When a major disaster occurs, healthcare workers at clinics will be engaged in relief activities at emergency medical relief centers. Thus, many clinics will be closed.



### Emergency medical relief centers (7)

A total of 7 emergency medical relief centers will be established in front of hospitals to secure the medical functions of hospitals where many casualties are supposed to rush. Triage\* will be performed on the casualties and first aid will be given to the people with mild injuries.

\* Triage: the assignment of degrees of urgency to wounds to decide the order of treatment of a large number of casualties.

Hospitals (addresses)	
Dai-3 Kita-shinagawa Hospital (3-3-7 Kita-shinagawa)	Showa University Hospital (1-5-8 Hatanodai)
Shinagawa Rehabilitation Hospital (5-2-1 Kita-shinagawa)	Hatanodai Hospital (5-17-16 Hatanodai)
Kanto Medical Center NTT EC (5-9-22 Higashi-gotanda)	Higashi Hospital of Showa University Hospital (2-14-19 Nishi-nakanobu)
Tokyo Shinagawa Hospital (6-3-22 Higashi-Oi)	

### School medical relief centers (13)

At a school medical relief center, healthcare workers will treat casualties and manage the health of disaster victims until the community medicine recovers.

\* They will be established considering the damage to schools.

School etc. (address)	
Shinagawa Gakuen (3-9-30 Kita-shinagawa)	Ushiroji Elementary School (2-4-6 Koyama)
Jonan Elementary School (2-8-21 Minami-shinagawa)	Dai-2 Enzan Elementary School (1-6-1 Hatanodai)
Dai-1Hino Elementary School (6-5-32 Nishi-gotanda)	Keiyo Elementary School (2-19-20 Hiratsuka)
Mitsugi Elementary School (3-16-28 Nishi-shinagawa)	Genjimaie Elementary School (6-2-18 Nakanobu)
Hamakawa Junior High School (3-18-34 Higashi-oi)	Hoyonomori Gakuen (1-3-40 Futaba)
Yamanaka Elementary School (3-7-19 Oi)	Yashio Gakuen (5-11-2 Yashio)
Welcome Center Hara (2-5-21 Nishi-oi)	

## 2 First aid fire fighting



If you can extinguish a fire while it is small, the damage will be minimal. It is important to install a fire extinguisher and learn how to use it. Learn other ways to extinguish a fire just in case.

### Basic



- Shout, "Fire!" to notify the people in the surroundings.
- Call 119 and report the place of a fire and its status.
- If you feel it is dangerous, evacuate quickly.

## How to use a fire extinguisher

Using a fire extinguisher is a basic of first-aid fire fighting. Let's learn how to use it correctly.

### 1 Pull out the safety pin.

Bring a fire extinguisher near the place of the fire and place it on the ground. Pull out the safety pin from the top.

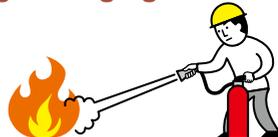


### 2 Release the hose and direct it at the fire.

Release the hose, hold the end, and direct the hose at the fire.

### 3 Squeeze the handle to release the extinguishing agent.

Squeeze the handle and release the extinguishing agent. Crouch down and target the nozzle at the fire source.



### 4 Confirm that the fire has been put out.

Even if you think you have put out the fire, it may reflash or reignite. Make sure that the fire has been completely extinguished.

See page 87 for the purchase of fire extinguishers. 

## Pot for deep frying

- Don't use water to put out the fire. High temperature oil may spatter and will be dangerous.
- Put out the fire with a fire extinguisher or aerosol-type disposable fire extinguisher.
- After putting out the fire, put a lid on the pot, close the main gas valve, and wait until the temperature of the oil decreases.

## Clothes

- Spray water on the clothes to put out the fire.
- If you don't have water nearby, fall down onto the ground and roll over to put out the fire.



## Electrical appliances

- Don't use water to put out the fire. You may get electrocuted.
- Pull the cord from the outlet, and use a fire extinguisher for electrical fires.
- Switch off the breaker before extinguishing the fire if possible.



Let's go to the experience hall!

At the Shinagawa Disaster Prevention Experience Hall at the city office, you can learn the first aid fire fighting and emergency relief by actually trying various things yourself. Learn emergency responses with your family for times of disaster.

See page 84  
for the Shinagawa Disaster Prevention Experience Hall.





**In other disasters,  
what should you do?**



Heavy rain is expected./  
It is raining heavily.

**Page 70**



If other  
disasters occur

**Page 80**

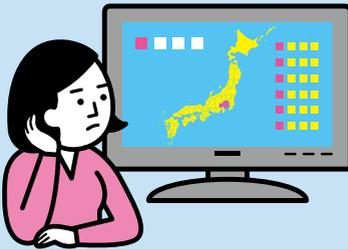
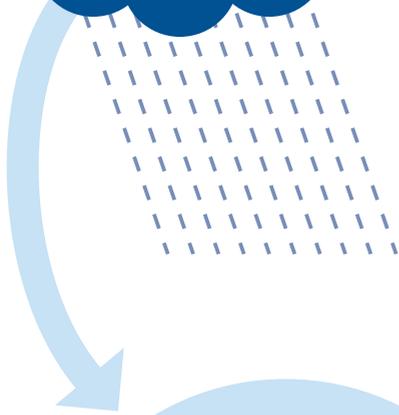


# 1 Heavy rain is expected./ It is raining heavily.



Heavy rain  
is expected.

Storm and flood damage can be forecast. Gain information on weather, typhoons, and evacuation and prepare for them.



1 Pay attention to the information

Page 72





## 2 Prepare for a disaster

Page 74



## 3 Evacuate early

Page 76

**1 Heavy rain is expected./It is raining heavily.**

## 1 Pay attention to the information

If the Meteorological Agency announces information, you need to check the latest information on strong winds or heavy rain and evacuation information issued by the City.

### Collect and understand information

Pay attention to “severe weather preparation” issued by the Meteorological Agency or “information on evacuation” issued by the City. Keep obtaining and confirming the latest information and act according to them.

See page 32 for information sources. 

#### Severe weather preparation (issued by the Meteorological Agency)

There are 6 types of special warnings, 7 types of warnings, and 16 types of advisories according to the phenomena and the details of disasters.

Type of information	Time of issuance	Types
Special warning	When a serious disaster is very likely to occur.	Heavy rain (landslide, flood), storm, blizzard, heavy snow, waves, high tide
Warning	When a serious disaster may occur.	Heavy rain (landslide, flood), flooding, storm, blizzard, heavy snow, waves, high tide
Advisory	When a disaster may occur.	16 types including heavy rain, flood, strong winds, high tide, and thunder

High  
Level of danger  
Low

#### Information on the danger of disaster

In addition to advisories and warnings, the following information will be announced if storm or flood may occur.

- **Landslide disaster warning information**

It is issued to inform the public that the risk of landslide is increasing when a heavy rain warning (landslide disaster) has been already issued.

- **Information on record-breaking heavy rain in a short period of time**

It is issued to inform the public that the amount of rain is extraordinary to such an extent that it has rarely been observed in the past and may cause landslides or flood when a heavy rain warning has been already issued.

## Information on evacuation (issued by Shinagawa City)

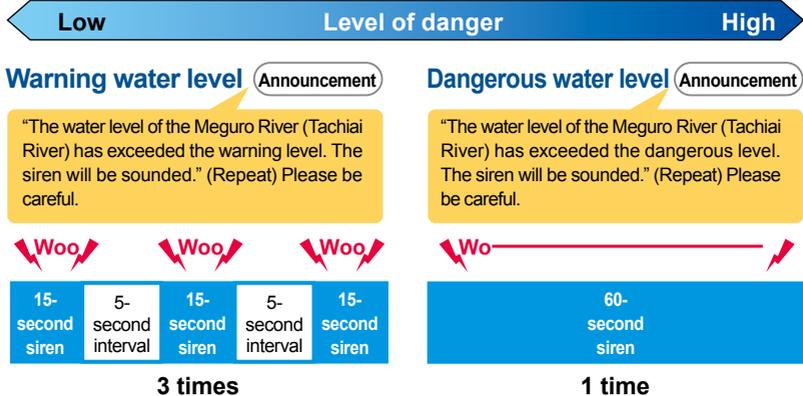
When a disaster is very likely to occur, information on evacuation will be issued indicating the area to be evacuated. If it is issued, evacuate quickly.

	Type of information	Time of issuance	Evacuation
	Evacuation instruction (emergency)	When the situation worsens such that the occurrence of a disaster and human damage is very likely to be expected.	<ul style="list-style-type: none"> <li>• If you have not evacuated yet, immediately evacuate to an evacuation area.</li> <li>• If you may be exposed to danger by going out, evacuate to a nearby safe place or safer place in your house.</li> </ul>
	Evacuation recommendation	When damage due to a disaster is expected and the risk of human damage is increasing.	<ul style="list-style-type: none"> <li>• Quickly evacuate to an evacuation area.</li> <li>• If you may be exposed to danger by going out, evacuate to a nearby safe place or safer place in your house.</li> </ul>
	Evacuation preparation/ Starting to evacuate the elderly	When an evacuation recommendation or evacuation instruction (emergency) is expected to be issued.	<ul style="list-style-type: none"> <li>• Those who need more time to evacuate (the elderly, people with disabilities, infants, etc.) and their helpers should start evacuating.</li> <li>• Other people should prepare for evacuation.</li> </ul>

\* The instructions are not always issued in this order.

## Conveying information with the siren

If the water levels of the Meguro River and Tachiai River rise and reach the warning or dangerous water level, the residents will be notified with a siren.



## 2 Prepare for a disaster

Get prepared early before the situation worsens while paying close attention to weather information.

### Basic

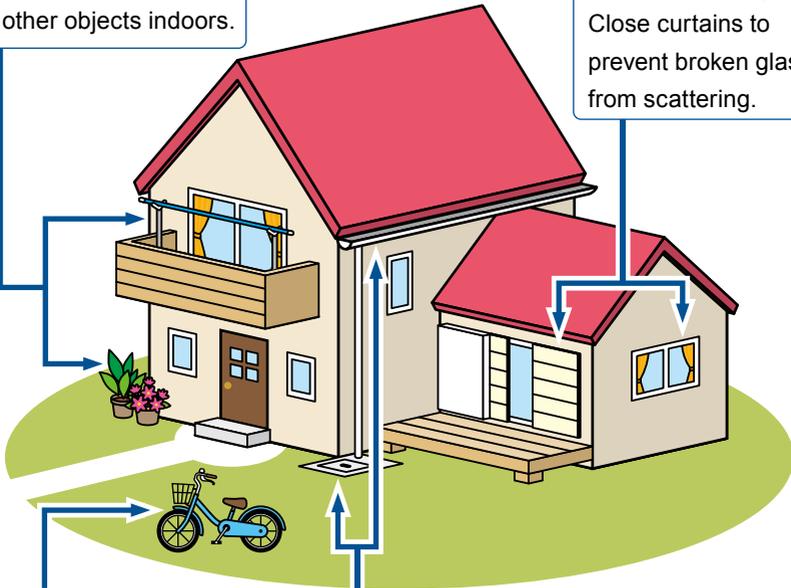
- Check whether your home is safe in advance.
- If you are safe in your house, do not go out if it is not absolutely important or urgent.
- Get prepared before rain and wind get stronger to prevent damage.
- Stay away from dangerous places or don't go near such places.

Move flowerpots, clothes-drying poles, and other objects indoors.

Close shutters to protect window glass. Close curtains to prevent broken glass from scattering.

Take off the cover of any bicycle or motorbike and move it indoors.

Remove leaves etc. in the drainage ditch or gutters for smooth drainage.



## If you are outdoors



- Move to a safe place and assume that billboards and roof tiles may be blown away or trees or electric poles may fall down.



- Don't get close to conduits or drainage ditches. They may be dangerous due to the increase in water volume.
- Mind your steps. The lids of utility holes may become loose.



## If you are underground



- Once water flows, it will be difficult to move. So, move to a safe place on the ground before you feel any danger.
- Place sandbags or water stop boards to prevent water from flowing into the underground space.

\* Sandbags are set at about 50 places, mainly along the Meguro River and the Tachiai River. The places can be checked on the website of Shinagawa City.



See page 87 for the aid for installation of water stop boards. 

## If you are near the sea or river



- Move away from the place as soon as possible so as not to be blown off and fall into the sea or river.



- Move away from the river as soon as possible. The water may rapidly increase downstream due to the heavy rain upstream.
- If you hear the warning siren, evacuate quickly.



### **3 Evacuate early**

If the danger of disaster is increasing or you feel danger, evacuate with the awareness of the need to protect your life yourself.

#### **Basic**



- If you feel danger, evacuate at your own decision.
- Evacuate early so that the opportunity to do so is not lost, such as when the storm is in progress or at night.
- Evacuate to a safer place considering that an unexpectedly extreme phenomenon may occur.

### **Places to evacuate**

Places to evacuate differ depending on the situation such as the existence of the danger of flooding of the river and landslide. If information on evacuation is issued, evacuate as quickly as possible.

#### **POINT**

- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to a safe place in your neighborhood.
- If it is dangerous to evacuate to a safe place in your neighborhood, secure safety in the building.



## If you live in an area that may be exposed to water

- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to “evacuate vertically” in the building.

### \NOTE!\



### Will your house be exposed to water?

Check whether there is an area that may be exposed to water around your house and write it down the place to evacuate.



See the disaster prevention map > Flood hazard map.



See the disaster prevention map > Tama River flood hazard map.

Danger of being exposed to water due to flooding of the river	Flooding: Yes / No
	* If yes, the depth of water: _____ m
Places to evacuate to	

## If the area may be affected by high tide

When strong low pressure approaches due to a typhoon, the sea level as well as waves rises. This phenomenon is called high tide. High tide occurring at full flood may cause damage.

If there is a danger of high tide, evacuate to evacuation area. If it is dangerous to evacuate to evacuation area, evacuate to a safe place in the neighborhood or to a higher place in the building. High tide is likely to occur around the Tachiai River for a long time, so particular attention should be paid.

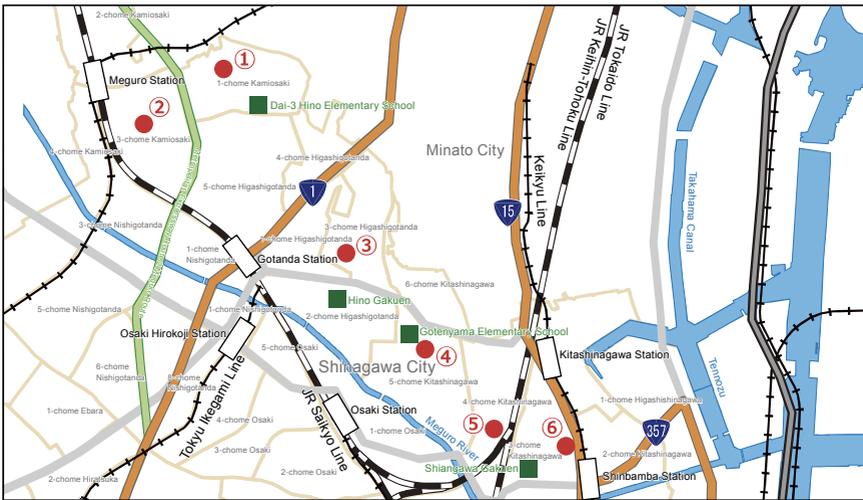


See the disaster prevention map > High tide flood hazard map.

**If you live in an area that may be exposed to landslide.**

- If you live in the landslide caution area, evacuate to the designated evacuation shelter for residents.
- Moving in the strong wind and rain may cause danger. Start evacuation as early as possible.
- If it is dangerous to move to the designated evacuation shelter for residents, evacuate to a safe building in the neighborhood or a safe place in your house as early as possible.

**[6 landslide caution areas]**



Area subject to evacuation		Designated evacuation shelter for residents
①	1-5-15 (part of 13, 58, and 59) Kamiosaki	Dai-3 Hino Elementary School
②	3-10-21, 22 (part of 20, 25, 53, and 59) Kamiosaki	Dai-3 Hino Elementary School
③	3-16-23 to 40, 46 to 53 Higashigotanda	Hino Gakuen
④	5-11 (part of 14 to 16, 18, and 19) Kitashinagawa	Gotenyama Elementary School
⑤	4-9 (part of 4) Kitashinagawa	Gotenyama Elementary School
⑥	3-7-15, 17 (part of 21) Kitashinagawa	Shinagawa Gakuen

\* Contact the Architecture and Buildings Section (03-5742-9172) for details.

**POINT**

If you feel danger, evacuate voluntarily even before the evacuation recommendation announcement.

**NOTE!**



### Danger of landslides

.....

Check whether there is any place that is exposed to landslide around your house, and write down the place to evacuate to.

<b>Danger of landslide</b>	Danger: Yes / No
<b>Designated evacuation shelter for residents</b>	

### For the residents who own precipitous land

Please check and maintain the land on a regular basis to prevent a landslide.

See page 87 for the support for the safety of precipitous land and retaining walls.

- Protect the slope by planting lawn grass on the precipitous surface.
- Remove fallen leaves in the drainage ditch above the precipitous land.
- Inspect cracks on the precipitous land or on the painted surfaces of the upper part of the retaining walls.
- Clean the drain holes of the retaining walls.
- Repair damaged parts of the retaining walls.



## 2 If other disasters occur



### 1 Disaster of thunder/tornado

Thunder or tornado causes great damage in a short period of time. Pay close attention to thunder advisory or tornado advisory information as well as the weather forecast and movement of the clouds.

#### Securing safety

If there is danger of thunder or tornado, secure safety immediately.



- Evacuate to a safe place such as a solid building or vehicle.
- If you are in an open area, stay away from any electric pole or tall tree.
- Keep yourself as low as possible, and keep your belongings lower than your body.



- Protect yourself in a room without windows in a solid building.
- Close the shutters, windows, and curtains and stay away from windows.
- Stay away from prefabricated temporary buildings or big trees since they may fall down or be blown away.

### 2 Volcanic Disaster

The eruption of a volcano causes cinder, pyroclastic flow, and volcanic mudflow. In Shinagawa City, 2 to 10 cm of ash fall is expected when Mt. Fuji erupts.

#### Response to ash fall

When a volcano erupts, take measures against ash fall.

- Wear a mask to prevent inhaling ash.
- Take off contact lenses and wear glasses.
- Protect your skin from falling ash.

### 3 Large-scale accident

Other than natural disasters, large-scale accidents may occur such as large-scale fires, hazardous material accidents, or large-scale airplane and train accidents.

### 4 Armed attack

Other than natural disasters and accidents, disasters may be caused by an armed attack such as a ballistic missile or an air attack. Evacuate as quickly as possible.

#### Securing safety

If a missile may fall in Japan, the residents will be given emergency information through the government emergency radio system for disaster prevention or through emergency email.

- Evacuate to a nearby solid building or underground.
- If there is no building in the surrounding area, stay behind some object or lie down on the ground and protect your head.
- If you are in a building, stay away from windows or move to a room without windows.



#### If a missile hits the ground

- If you are inside a building, cover your nose and mouth with a handkerchief, quickly move from the site, and evacuate inside a well-sealed room or move windward.
- If you are inside a room, stop any ventilators, close the windows, and seal the room with weather strip tape.



#### J-ALERT (nationwide warning system)

The government delivers information such as on a ballistic missile, earthquake, and tsunami with little time for you to cope. The information will automatically activate the government emergency radio system for disaster prevention in Shinagawa City through a satellite, and the information will be instantly conveyed with a siren or voice.



Let's use



Efforts of the city  
**Page 84**



Contact information of  
related institutions  
**Page 89**



# 1 Efforts of the city



## 1 Learn and master

Participate in seminars and drills to acquire knowledge and master response methods.

### Shinagawa Disaster Prevention School

Five courses are provided: “resident organizations for disaster prevention”, “business offices”, “homes and residents”, “disaster prevention cafés”, and “practices in the community”. Through various lectures and hands-on activities, participants can acquire knowledge and techniques regarding disaster prevention and will be developed to become “Shinagawa disaster prevention leaders” tasked with improving the capabilities of disaster prevention in the community.



Course for resident organizations for disaster prevention



Course for homes and residents



Course for practices in the community

### Shinagawa Disaster Prevention Experience Hall

It was renovated as a facility for hands-on activities and opened in March 2016. There are 7 activity booths: the disaster prevention exhibition, first-aid fire fighting, emergency relief, evacuation guidance for people who need special consideration, evacuation posture, virtual reality (VR) of disaster prevention, and the theater/workshop room. The participants can actually discharge water with a standpipe and indoor fire hydrant.



Using a standpipe



VR of disaster prevention



Assisting in the evacuation of people who need special consideration

**Shinagawa Disaster Prevention Experience Hall**  /  **03-5742-9098**  
**(2nd floor of Shinagawa City Office Disaster Prevention Center)**

Open hours: 9:00-17:00; Closed on Mondays, Saturdays, national holidays, and New Year holidays

## Disaster Prevention Drill for each district

A disaster prevention drill is carried out in cooperation with the disaster prevention council of each district between September and November every year. Through the drills, the participants learn emergency responses such as emergency relief activities and first aid fire fighting.



Rescuing a person from a collapsed house



Simultaneous water discharge

## Disaster Prevention Class (earthquake simulation car, smoke tent drill)

The class is provided at nurseries, kindergartens, elementary schools, junior high schools, community associations/neighborhood community associations, and business offices using an earthquake simulation car and smoke tent.



Earthquake simulation car

## Simultaneous disaster prevention drills in the city (drills at evacuation shelter)

In December every year, a drill on establishing and operating an evacuation shelter for residents is conducted simultaneously in each community on the assumption of occurrence of a major earthquake.

At some evacuation shelter, their own drills are conducted in addition to the simultaneous drills in the city.



Preparing a registry

## 2 Aid for each household

### Support project for the safety of concrete-block walls

The city supports a part of the construction expenses for safety such as removing dangerous concrete-block walls, stone walls, and brick walls along the streets.

**Architecture and Building Section** ☎ 03-5742-9172 📠 03-5742-6898

### Support project for planting trees in towns

The city supports a part of the expenses for planting hedges or planting, or building curbs or fences.

**Park Section** ☎ 03-5742-6799 📠 03-5742-9127

### Support project for earthquake resistance of houses and buildings

The city supports a part of the expenses for seismic evaluation and seismic repair of houses to which the old seismic code\* was applied. (There are conditions. Make inquiries for more details.)

#### 1 Free simplified evaluation

The city will send registered architects with a first-class license to the houses of applicants. The architects will make a quick investigation of the seismic performance of the houses and give advice for seismic resistance.



#### 2 Aid for seismic evaluation

The inside structure of a house is checked to evaluate the seismic performance of the house. A part of the expenses will be supported.

#### 3 Aid for the design for the reinforcement of seismic resistance

If the house is evaluated as “very likely to collapse due to an earthquake” according to the results of the evaluation, a part of the expenses for reinforcement design will be supported.

#### 4 Aid for repair work for seismic resistance

If the house is evaluated as “very likely to collapse due to an earthquake” according to the results of the evaluation, a part of the expenses for seismic resistance repair or demolishing work will be supported.

\* The building standard before May 31, 1981 (rather vulnerable to earthquakes)

**Architecture and Building Section** ☎ 03-5742-6634 📠 03-5742-6898

## Aid for installing an earthquake-resistant shelter

The city supports the expenses for installing “Shinagawa shelters,” which secure space to protect lives for wooden houses where the old seismic code was applied and elderly people or people with disabilities live.

**Architecture and Building Section** ☎ 03-5742-6634 FAX 03-5742-6898

## Support project for the safety of precipitous land and retaining walls

An advisor is dispatched for the safety of precipitous land and its retaining walls, and part of the expenses for renovation is supported.

**Architecture and Building Section** ☎ 03-5742-9172 FAX 03-5742-6898

## Aid for the installation of devices that prevent furniture from tipping over

Contractors who install devices that prevent furniture from tipping over are introduced, and the expenses for installation are supported.

**Housing Section** ☎ 03-5742-6776 FAX 03-5742-6963

## Aid for the elderly who purchase and install devices that prevent furniture from tipping over

The expenses for purchasing and installing devices that prevent furniture from tipping over are supported for households of the elderly aged 65 years or higher, care recipients, or people with disabilities.

**Community Support for Elderly Section** ☎ 03-5742-6735 FAX 03-5742-6882

## Purchase of disaster prevention goods

Purchase of easy-to-use toilets, water, and ready-to-eat rice will be arranged.

**Disaster Prevention Section** ☎ 03-5742-6696 FAX 03-3777-1181

## Purchase of fire extinguisher and agent refill

Purchase of home fire extinguisher and agent refill will be arranged.

**Disaster Prevention Section** ☎ 03-5742-6696 FAX 03-3777-1181

## Aid for installing a quake-sensitive breaker

Part of the expenses for installing a quake-sensitive breaker is supported for people who live in the fireproof special area designated by the Tokyo Metropolitan Government among areas congested with wooden houses.

**Disaster Prevention Section** ☎ 03-5742-6696 FAX 03-3777-1181

## Aid for installing water prevention boards or a rainwater tank.

The city supports part of the expenses for purchasing and installing water prevention boards or rainwater tanks for houses and stores.

**River and Sewerage Section** ☎ 03-5742-6794 FAX 03-5742-6887

## **3 Support for the community/condominium**

### **Support for fireproof areas congested with wooden houses**

In the areas congested with old houses, the city is proceeding with the project of building an earthquake-resistant city such as improving disaster prevention squares and community roads, and supporting demolishing old houses.

#### **Projects**

- Project of promoting the improvement of the towns with congested houses
- Project of promoting disaster prevention and fireproof of the city
- 10-year fireproof city project
- Project of promoting disaster prevention living areas
- Project of improving disaster prevention towns
- Project of reinforcing the functions of evacuation roads

**Section Promoting Improvement in Areas Congested with Wooden Houses** ☎ **03-5742-6779** 📠 **03-5742-6756**

### **Improvement of countermeasure facilities for flooding**

Shinagawa City is proceeding with the project in cooperation with the Tokyo Metropolitan Government. In the project, countermeasure facilities for flooding in the basins of the Meguro River and Tachiai River are being improved and old sewerage pipes are being repaired.

#### **Projects**

- Project of improving the storm drainage of the Tachiai River
- Project of repairing old sewerage pipes
- The second project of improving Togoshi main line

**River and Sewerage Section** ☎ **03-5742-6796** 📠 **03-5742-6887**

### **Supporting activities of resident organizations for disaster prevention**

Shinagawa City supports disaster prevention activities in the communities such as establishing a system in which resident organizations for disaster prevention can help people who need assistance during evacuation or cooperating with them to carry out disaster prevention drills.

**Disaster Prevention Section** ☎ **03-5742-6696** 📠 **03-3777-1181**

### **Register in a list of people who need support**

Shinagawa City is preparing a registry of people who have difficulty evacuating by themselves such as the elderly and people with disabilities and will use the registry to establish a support system in the community. Please register your name in the list.

### **Support for disaster prevention in condominiums**

Shinagawa City sends condominium disaster prevention advisors to condominiums in the city and supports the planning and implementation of disaster prevention drills. Regarding the disaster prevention measures for high-rise condominiums, the city distributes guidance for management associations and a handbook for residents.

**Disaster Prevention Section** ☎ **03-5742-6696** 📠 **03-3777-1181**

## 2 Contact information of related institutions



Emergency contact information	Tel
Police (emergency report on an incident/accident)	110
Fire department (fire, emergency medical services)	119

Emergency contact information	Tel
Japan Coast Guard (incident/accident on the sea)	118
NTT (disaster emergency message dial)	171

Contact information	Tel	
Shinagawa City Office	03-3777-1111	
Tokyo Metropolitan Government	03-5321-1111	
Fire department	Shinagawa fire department	03-3474-0119
	Oi fire department	03-3765-0119
	Ebara fire department	03-3786-0119

Contact information	Tel	
Police station	Shinagawa police station	03-3450-0110
	Osaki police station	03-3494-0110
	Oi police station	03-3778-0110
	Ebara police station	03-3781-0110
	Tokyo Wangan police station	03-3570-0110

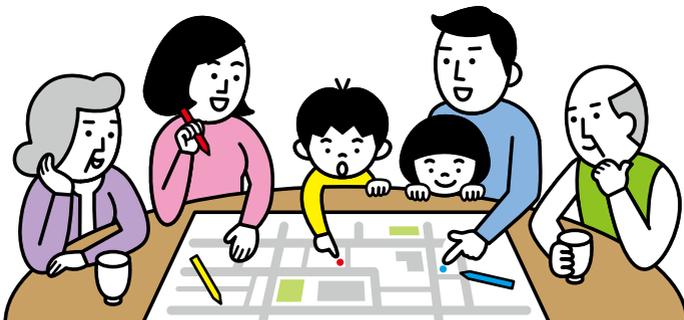
Contact information		Tel
Gas	Tokyo Gas Customer Center	0570-002-211
Electricity	Shinagawa Branch Customer Center, TEPCO Power Grid, Inc.	0120-995-001
Water supply	Shinagawa Sales Office, Bureau of the Waterworks, Tokyo Metropolitan Government	03-5749-5573
Sewerage	Bureau of Sewerage, the Southern Area Sewerage Office, Bureau of the Waterworks, Tokyo Metropolitan Government	03-5734-5031
	Shinagawa Branch Office, the Southern Area Sewerage Office, Bureau of the Waterworks, Tokyo Metropolitan Government	03-3495-0351
Road	(National road) Shinagawa Branch Office, National Highway Office, Ministry of Land, Infrastructure, Transport and Tourism	03-3799-6315
	(Prefectural road) 2nd Construction Office, Bureau of Construction, Tokyo Metropolitan Government	03-3774-0313
	(City road) Road Section, Disaster Prevention Town Planning Dept. Shinagawa City Office	03-3777-1111
Telephone	Customer Support Center, NTT East * Regarding other telephone companies, check the contact information of each company.	0120-019-000
Railroad	JR East Japan Inquiries Center * Regarding other railroads, check the contact information of each company.	050-2016-1600



Write down important contact information.

Contact	Tel
Contact	Tel

**Share what  
you have learned  
from this handbook  
with your family  
and friends.**





# Disaster prevention cards for your family.

<b>Disaster prevention card</b>	Name		Date of birth	
	Address		No. of health insurance card	
	Blood type		Allergy, chronic disease, medication	
	Evacuation shelter for ward residents		Temporary evacuation area	
	Method of safety confirmation		Family meeting point	
	1	2	1	2
	<b>Emergency contact information (family, school, workplace, etc.)</b>			
	Name	Address/Tel		Remarks
		( )		
		( )		



<b>Disaster prevention card</b>	Name		Date of birth	
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	Name	Address/Tel		Remarks
		( )		
		( )		



一緒に働く仲間

# 会員募集!!

60歳以上の区内在住で健康で働くことや社会参加をお考えの方。(年会費がかかります。)

## シルバー派遣もはじめました

### 派遣できる業務は?

- 臨時的かつ短期的な業務 (概ね月10日程度以内のもの)
  - 軽易な業務 (週20時間未満のもの)
- 例) 保育補助、経理業務など



実施体制は? 派遣元事業主▶(公財)東京しごと財団  
実施事業所▶品川区シルバー人材センター

派遣先は? ●基本的に品川区内に限ります。

## こんな仕事を承っております

- ★ 植木の剪定
- ★ 除草
- ★ 襖・障子張り替え
- ★ 簡単な大作業等



- ★ 電球・蛍光灯交換
- ★ 家具転倒防止器具の取り付け
- ★ 火災報知器取り付け
- ★ 包丁とぎ

問い合わせは

公益社団法人品川区シルバー人材センター

TEL.3450-0711 品川区北品川3-11-16

消火器・住宅用火災警報器の  
ご相談ご用命は!!



品川区幹旋消火器も取扱っております。

## お近くの東京都消防設備協同組合 第四支部の下記組合員へ

(50音順)

社(店)名	所在地	電話番号
㈱神谷商会	品川区西品川 1-28-25	3783-4882
㈱後藤商会	品川区南大井 4-18-18 山本ビル 1F	3762-0376
東日工業㈱	品川区西五反田 2-24-9 五反田Nビル 2F	3494-8936
前出工機㈱	品川区東五反田 3-17-5	3449-1581
㈱和田商会	品川区二葉 2-8-13	3782-1885

## 災害発生後の感染症等による 被害を低減する自助キット

<https://www.funayama.co.jp/pickup/personalkit.html>



5年  
備蓄



船山株式会社  
TEL 03-3449-1581 FAX 03-3449-1525

## 消防用品、消防設備、消防点検の事なら 何でもご相談下さい!!

### 取り扱い商品及び業務

- ・ 粉末・強化液・機械泡各メーカー消火器
- ・ 街かど消火ハリアー、街かど消火栓
- ・ スタンドパイプセット
- ・ 各種防災用品
- ・ 消防用設備等点検・設計・施工



街かど消火ハリアー



スタンドパイプセット

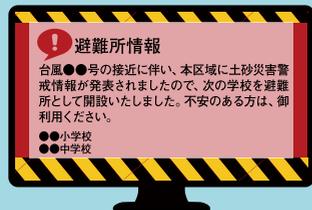
## 前出工機株式会社

〒141-0022 品川区東五反田 3-17-5  
TEL 03-3449-1581 FAX 03-3449-1525  
E-mail maedekk@kkf.biglobe.ne.jp

テレビ自動お知らせサービス

# しながわ テレビ・プッシュ

落ち着いて  
避難ダン!



しながわ テレビ・プッシュ  
では、品川区が発令する  
避難情報等の防災情報を  
音声と画面で  
お知らせします!



シナガワン

お申し込み・お問い合わせは ■平日 9:30~20:00 ■土・日・祝日・年末年始 9:30~18:30



**0120-559-470**

ケーブルテレビ品川 検索  
<http://www.cts.ne.jp>

ケーブルテレビ品川  
CTS181217

## しながわ水族館でリフレッシュ!!



- 営業時間 10:00~17:00 (入館は16:30まで)
- 休館日 火曜日(春休み・GW・夏休み・冬休み・祝日は営業)・1/1
- 入館料 入館料:大人(高校生以上)1,350円(800円) 小・中学生 600円(400円)、4才以上幼児 300円(200円)、シルバー(65才以上) 1,200円(700円)※品川区民は、各自住所のわかるものの提示でカッコ内の料金に。
- アクセス 京浜急行線「大森海岸駅」下車、徒歩約8分 JR京浜東北線「大井町駅」より、無料送迎バス 約15分
- TEL 03(3762)3433

しながわ水族館 検索



## しながわ水族館

品川区勝島 3-2-1 しながわ区民公園内

### ■動物取扱業に関する表示

氏名又は名称	株式会社サンシャインエンタプライズ
事業所の名称	しながわ水族館
事業所の所在地	東京都品川区勝島三丁目2番1号
動物取扱業の種別及び登録番号	展示 12 東京展第001391号
登録年月日	平成19年5月11日
有効期間の末日	平成34年5月10日
動物取扱責任者	富山昌弘

## A digital version of the Shinagawa Disaster Prevention Handbook is available.



You can have easy access to the Shinagawa Disaster Prevention Handbook from your smartphone or tablet by installing the free app “Catalog Pocket.”

Available in multiple languages

Read out the contents

Access  
from here



# Shinagawa Disaster Prevention Handbook

Let's get prepared for a disaster

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Tel 03 (3777) 1111

<http://www.city.shinagawa.tokyo.jp/>

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Shinagawa City

品川区

